

PREGNANT WOMEN

Do you know the health of your gums affects the health of your unborn baby?



*Research shows that a pregnant woman with gum disease has a bigger risk of having a baby too small.

GUM DISEASE

- Gum disease doesn't hurt, so you might not know you have it.
- If your gums bleed when you brush, you may have gum disease.
- The best way to ease chances of gum disease is to brush your teeth at least once a day, but twice a day is better.
- If you think you might have gum disease, see your dentist. Early gum disease is easy to treat.

If you are a MassHealth member and need help finding a dentist please call **1-866-616-2699**, **TTY 711**.

Need help? Get answers right now through the new MassHealth member portal! Visit us at masshealth-dental.org.

*Offenbacher, Steven, "Periodontal Infection as a Possible Risk Factor for Preterm Low Birth Weight" Journal of Periodontology 1996 October; 67 (10 Suppl): pp. 1103-1113.

