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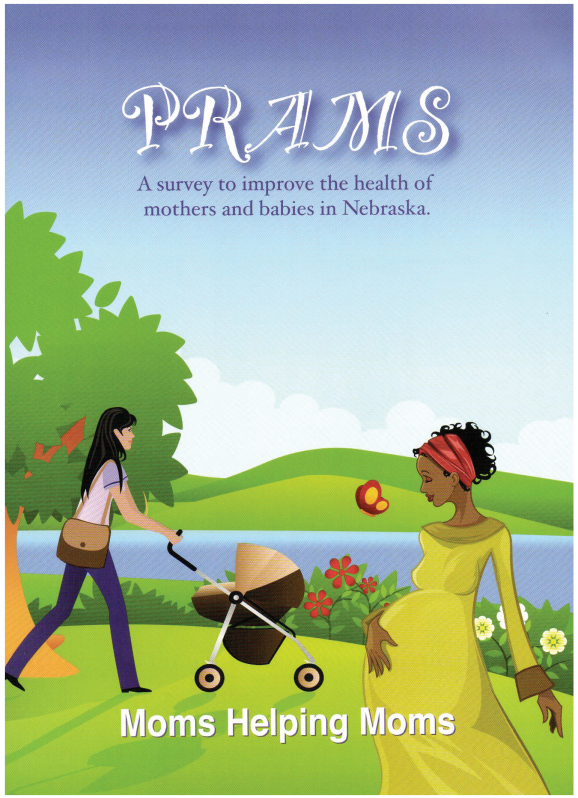
1. Nebraska Pregnancy Risk Assessment Monitoring System (NE PRAMS) 2009 Data. Lifespan Health Services, Nebraska Department of Health and Human Services.

NE PRAMS is an ongoing survey that collects data from women on the events before, during and shortly after their pregnancy.



For More information Contact:

NE PRAMS
Lifespan Health Services
Nebraska Department of Health and Human Services
PO BOX 95026
Lincoln, NE 68509-5026
Phone: 1-877-873-1876
www.dhhs.ne.gov/prams

Department of Health & Human Services
DHHS
NEBRASKA

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If You Are Pregnant Visit the Dentist

Find Out Why

Why is Oral Health Care Important?

Pregnancy is a time when you need to take extra care of your teeth and gums. Actions you take can prevent oral problems as well as affect the general health of your unborn child.

Dental Check-ups:

- If you are planning to become pregnant, see your dentist so any possible problems can be handled before pregnancy.
- All expectant mothers should see a dentist in the first trimester (1-12 weeks). However, in Nebraska less than half (48%) of expectant mothers get dental care during their pregnancy[1].
- Be sure to tell your dentist if you are or think you might be pregnant.
- For help locating a dentist, please call the Nebraska Dental Association at 402- 476-1704 or visit www.dhhs.ne.gov/dental for Community Dental Health Clinics.

About one in four Nebraska women reported that they needed to see a dentist for a problem during pregnancy but only 66% saw a dentist for that problem [1].

Common Oral Health Problems During Pregnancy

- **Bleeding Gums (Gingivitis):** Plaque and an increase in hormones may cause your gums to swell. If you have red, puffy, or sore gums that bleed when you brush, see a dentist.
- **Pregnancy Tumors (not cancer):** Overgrowth or severe swelling of gum tissue between teeth is related to excess plaque. If this happens, see a dentist.
- **Bone Loss (Periodontal Disease):** Women with periodontal disease are more likely to have a premature or low birth weight baby. If you do not get care for swollen gums it may cause bone loss around teeth.
- **Tooth Decay-You and Your Infant:** Children can get tooth decay from their mothers when the bacteria that causes decay is passed by sharing eating utensils or cleaning a pacifier with saliva. Avoid spreading bacteria and keep your regular dental visits.

How can I prevent these problems?

- Stop smoking.
- Be sure to visit a dentist for regular cleanings.
- Brush your teeth twice a day with fluoride toothpaste.
- Clean between your teeth with floss daily.
- Ask your dentist or hygienist for advice on care for you and your new baby.