This is commonly known as breastfeeding blues. After eating, washing hands, and even breastfeeding, your body needs to balance this process to prevent imbalances. During pregnancy, increased hormone levels can affect this process.

Did You Know?

1. Pregnant women should take prenatal vitamins to ensure the health of their baby.
2. Pregnancy-related oral health is just as important as overall health.
3. Changes in hormones can affect your hormones.

Myth vs. Fact

<table>
<thead>
<tr>
<th>Myth</th>
<th>Fact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnancy causes dry mouth and increased sugar levels.</td>
<td>Prenatal vitamins can decrease levels of sugar in the blood.</td>
</tr>
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<td>Pregnancy causes increased sugar levels in the blood.</td>
<td>Prenatal vitamins can decrease levels of sugar in the blood.</td>
</tr>
<tr>
<td>Increased sugar intake can increase risk of diabetes.</td>
<td>Prenatal vitamins can decrease levels of sugar in the blood.</td>
</tr>
<tr>
<td>Morning sickness can lead to weight gain.</td>
<td>Prenatal vitamins can decrease levels of sugar in the blood.</td>
</tr>
<tr>
<td>Hormone changes can impact your oral health.</td>
<td>Prenatal vitamins can decrease levels of sugar in the blood.</td>
</tr>
</tbody>
</table>

Common Changes During Pregnancy

During pregnancy, your gums may feel swollen and sensitive. You may notice a change in your oral health. If you're experiencing red, swollen or irritated gums, you may need to adjust your oral hygiene routine.

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Oral Health Effects of Pregnancy

Pregnancy professionals can provide advice on how to keep your mouth and the rest of your body healthy during pregnancy.

Top 10 Oral Health Tips for Expectant Mothers

1. Brush and floss twice daily.
2. Use mouthwash.
3. Eat a balanced diet.
4. Avoid sugary foods and drinks.
5. Drink plenty of water.
6. Visit your dentist.
7. Use a soft-bristled toothbrush.
8. Use fluoride toothpaste.
9. Eat fruits and vegetables.
10. Avoid smoking and alcohol.

Oral Health Matters

Especially During Pregnancy

Public Health

Alabama
Prevent Pregnancy-Related Gum Disease

Brush: Brush your teeth after meals to help remove food debris and plaque trapped between your teeth and gums.

Floss: Why? Because plaque causes acid, which can cause cavities and irritate the gums. Brushing and flossing after meals is the best way to remove decay-causing plaque.

Do NOT share your toothbrush!

Periodontal disease: Also known as gum disease, it is a chronic, bacteria-induced inflammatory condition that attacks the gum tissue and in some cases, the bone supporting the teeth.

If left untreated, pregnant women who are pregnant may deliver prematurely, or have babies with lower birth weight compared to mothers with healthy gums.

For more information visit adph.gov/oralhealth or contact the Healthy Beginnings Help Line at 1-800-654-1385.