



# Pregnant?

## Tips for Healthy Teeth

### See your dentist!

You're more prone to gum disease while pregnant. Untreated gum disease may lead to low birth weight and preterm birth.



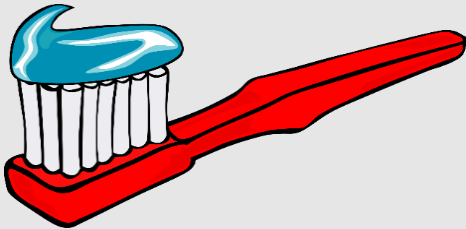
### Rinse your mouth.

Stomach acid can harm your teeth. If you vomit, rinse your mouth with 1 teaspoon of baking soda in a cup of water. Do not swallow!



### Brush and floss everyday.

You can pass cavity-causing germs to your child if you have untreated cavities. Brush twice a day and floss daily.



### Drink water or milk.

Sugary drinks can cause cavities. After eating, chew sugar-free gum with xylitol to help prevent cavities.



### Covered by Medicaid?

Alaska Medicaid covers 1-2 dental visits each year



For more information and resources, visit <http://dhss.alaska.gov/dph/wcfh/Pages/oralhealth/>