



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.



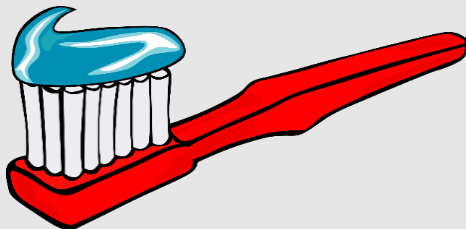
Rinse your mouth.

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/>