

# Get the Facts About ORAL HEALTH

Many myths about the oral health of pregnant women, infants, and young children exist. Get the facts here!



## Visiting the dentist is safe during pregnancy.

Staying healthy during pregnancy includes having a healthy mouth. This means seeing the dentist during your pregnancy and getting follow-up care as needed.

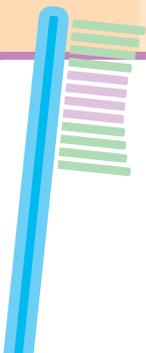


## Women do not get cavities just because they are pregnant.

During pregnancy it is important to take care of your teeth. When pregnant, every woman should eat healthy foods that are low in sugar, brush with fluoride toothpaste, floss, and visit the dentist regularly.

## Taking care of baby teeth is very important.

Children need baby teeth (also known as primary teeth) to chew and speak clearly. Baby teeth also make space for adult teeth. Take care of baby teeth by brushing them with fluoride toothpaste twice a day.



## Never share your toothbrush with another person.

Sharing toothbrushes can spread the germs that cause cavities. It is important to replace toothbrushes when the bristles become frayed or after sickness.

## Bleeding gums are not caused by brushing.

They are caused by gum disease. Protect against gum disease by brushing with a soft-bristle toothbrush, flossing, and visiting the dentist regularly to help keep your teeth and gums healthy.



## Fluoridated water is safe.

Fluoride in tap water keeps teeth strong. Drink fluoridated water and give fluoridated water to your child. This is one of the best ways to prevent cavities.

