

Did You Know?

## Oral Care Can Affect Your Newborn

### Do You Know Someone Who's Pregnant?

#### -- Periodontal Disease and Pregnancy --

The birth of my first grandchild brought to mind the importance of good oral care and the relationship between periodontal disease and possible pregnancy complications.



Study results show that pregnant women with periodontal infection are more likely to have a pregnancy complication than their disease-free counterparts. These obstetric complications may not only affect the mother, but may also result in conditions that affect the wellbeing of the infant throughout its life.

The most commonly seen complications are preterm deliveries and low birth-weight babies. And, while there are always other contributing factors, the presence or absence of periodontal infection clearly influences their rate of incidence.

The key is the periodontal bacteria and the associated systemic inflammatory response. As the bacteria and inflammatory components are circulated in the blood, they may compromise the placental tissue and the normal exchange of nutrients between mother and fetus, thereby increasing the likelihood of a preterm birth and/or a low birth-weight.

It is increasingly important to understand and respect the oral-systemic connection and its implications for your over-all health.

At [Proud Smiles](#) we believe that by working with you to achieve maximum oral health, you will also experience better over-all health and wellbeing.

**Call me to schedule your complete oral and dental exam and then let me introduce you to my Dental Fitness program.**

We want you to smile, laugh, and eat, with confidence!

**Yours in Dental and Oral Health,**

**Dr. Brenda Paulen**



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