



## Gum disease and your unborn baby.

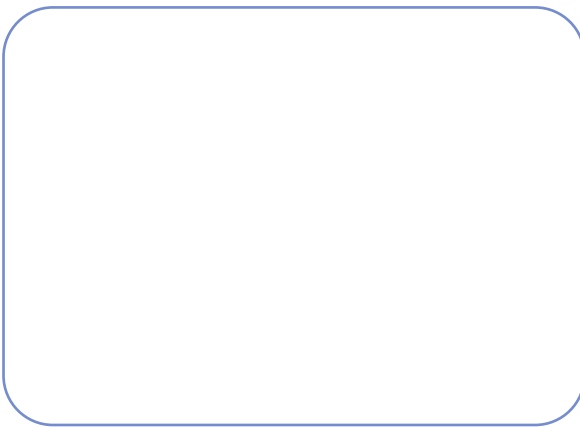
Gingivitis is the most common kind of gum disease. It causes your gums to swell and bleed. It can lead to periodontitis — a serious infection of the gums and bone — and can cause your baby to be born too early and too small. Some signs of gum disease include bad breath, bleeding gums, red and swollen gums, sores that won't heal, and pain and discomfort when chewing your food.



**I will take care of my teeth and myself to help my baby be healthy.**

**Today I will:**

- Start brushing twice a day
- Start flossing every day
- Cut down on sweet drinks and snacks
- Make good food choices
- Take my prenatal vitamins
- Quit smoking
- Make a dental appointment



**Protecting the health of your unborn baby:**

Tooth and gum care during pregnancy

