

Oral Health Matters

Working together to improve your oral health

PREGNANT WOMEN



Do you know the health of your gums affects the health of your unborn baby?

Research shows that a pregnant woman with gum disease has a better risk of having a baby too small.¹

Gum Disease

Gum disease doesn't hurt, so you might not know you have it.

If your gums bleed when you brush, you may have gum disease.

The best way to ease chances of gum disease is to brush your teeth at least once a day, but twice a day is better.

If you think you might have gum disease, see your dentist. Early gum disease is easy to treat.

**If you need help finding a dentist & have TennCareSM
Call Doral Dental Customer Service at 1-888-233-5935
Or visit our website www.doralusa.com**

¹Offenbacher, Steven, "Periodontal Infection as a Possible Risk Factor for Preterm Low Birth Weight" Journal of Periodontology 1996 October; 67 (10 Suppl): pp. 1103-1113.



Interpretation and translation services are free to the enrollee; please call Customer Service at 1-888-233-5935 for more information.

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