

## 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.<sup>1</sup>

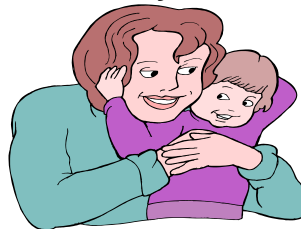
### Gum Disease

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. Gum disease is easy to treat.



If you need help finding a dentist & have Medicaid, FAMIS Plus, or FAMIS call  
**Smiles For Children Customer Service at**

**1-888-912-3456.**



Smiles For Children  
Improving Dental Care Across Virginia

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