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| MEET YOUR MOUTH |  |
| IT’S PART OF YOUR BODY |  |
| Your Mouth and Pregnancy |  |
| More Information |  |
| Expecting mothers are more susceptible to cavities. |  |
| 1 in 4 pregnant women have a cavity. Hormonal changes affect the acidity in the mouth, which can lead to increased cavities |  |
| Increased hormones also make mothers more susceptible to gingivitis, which is an infection in the gums. This is very common in expecting mothers, anywhere between 60-75% will be infected. |  |
| Loose teeth are also common, as the increased hormones can loosen the connective tissue in teeth and gums. |  |
| Mothers who experience a lot of morning sickness can experience tooth erosion caused by stomach acid. |  |
| It is important for mothers to take care of their oral hygiene because any bacteria and infection can enter the bloodstream and into the uterus. A mom with poor oral health is more likely to pass damaging bacteria to the newborn. |  |
| Minnesota Oral Health Coalition |  |