

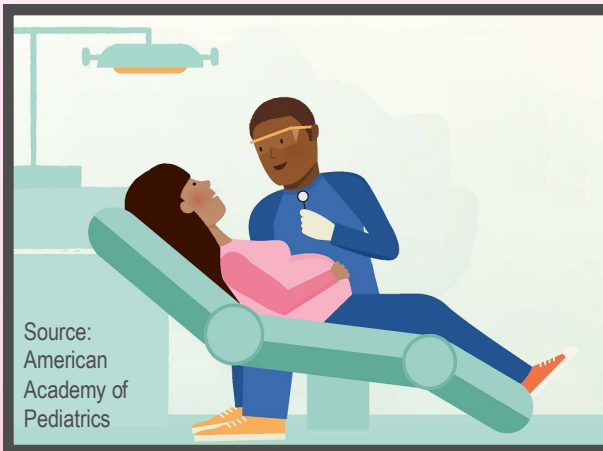
SUN TIMES

Dental Health for Expectant Mothers

On May 12, we celebrate Mother's Day to honor the women who brought us into the world and raised us. Motherhood isn't easy, to put it lightly.

The challenge starts with pregnancy, and it can come with unpleasant dental side effects such as gingivitis, increased risk for cavities, and small tumors on the gums.

Pregnancy gingivitis occurs when the gums swell, and become more tender and prone to bleeding. It can become more serious if left untreated, so increased dental hygiene including more



frequent cleanings by a dentist are recommended.

A mother's risk for developing a cavity increases during pregnancy primarily because of morning sickness. The acid in vomit eats away at teeth's outer enamel layer. Also, personal dental hygiene may be neglected when

one's tired and/or busy.

Some women may also get small tumor-like growths on their gums between teeth, usually during the second trimester. They are bright red, bumpy, and tender. The tumors will most likely disappear after birth.
(continued on pg. 2)

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Sun Times

May 2019

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WHAT'S INSIDE



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Expectant Mothers,
Continued



Beverages Ranked

Dental Health for Expectant Mothers, continued

It's common knowledge that a mother needs to take care of her health during pregnancy because her health affects the baby's health.

But dental health is sometimes forgotten.

Bacteria can enter the bloodstream when gums bleed, and this can lead to complications such as premature delivery, intrauterine growth restriction, gestation-

al diabetes and preeclampsia, according to the American Dental Association.

Though it's common for women to have dental health problems during pregnancy, it doesn't have to be serious if they stay vigilant about personal hygiene habits and pay extra visits to their dentist.

Most insurance policies will cover one additional cleaning during a year when a

woman is pregnant, for a total of three cleanings in 12 months.

Dr. Sun's office will also take extra precautions to protect a pregnant woman from radiation.

We'll only take dental X-rays if a patient's in pain and it's required for the procedure, such as for a root canal.

When taking X-rays, we'll also use double

layers of lead aprons that block radiation.

If the patient requires medication related to a dental procedure, Dr. Sun will only prescribe what's safe for both mother and baby.

For questions or concerns about dental care during pregnancy, or to make an appointment, call our office at (760) 810-7297.

Coach women during pregnancy about how the condition of their teeth and mouth can impact their children's risk for tooth decay



Untreated gum disease in pregnant women can harm their systemic health and may be linked to low birth weight/preterm births



Mothers can unintentionally pass cavity-causing bacteria to newborns, increasing children's risk for tooth decay



Children are more than **3x as likely** to have tooth decay if their mothers have high levels of untreated tooth decay

For more information and resources,

visit www.endcavities.org/during-pregnancy and www.aap.org

BEVERAGES, FROM BEST TO WORST

In honor of National Beverage Day on May 6, here's a ranking of common beverages based on how good/bad they are for your teeth!

1. **Water**—no harmful ingredients; tap water has fluoride to strengthen enamel.
2. **Green Tea**—high in antioxidants.
3. **Black Tea**—also has health benefits, but stains teeth.
4. **Milk**—high in calcium, protein, and phosphorus, but has sugar.
5. **Red Wine**—stains teeth.
6. **Fruit Juice**—high in sugar and can be high in acid
7. **Coffee**—stains teeth, high in caffeine acid and can be high in sugar.
8. **Sports Drinks**—high in sugar and acid.
9. **Soda**—high in sugar, acid and carbonation. Can be high in caffeine.
10. **Energy drinks**—very high in sugar, acid and carbonation. High in caffeine.

