

Pregnant women with healthy gums are  
**3X LESS LIKELY**  
to have a premature birth, reducing the risk  
of having a low birth weight baby.

[www.dentalhealth.org](http://www.dentalhealth.org)



### PRIMARY CARE PROVIDERS

East Hartford  
860.568.8364

Ellington  
860.375.9122

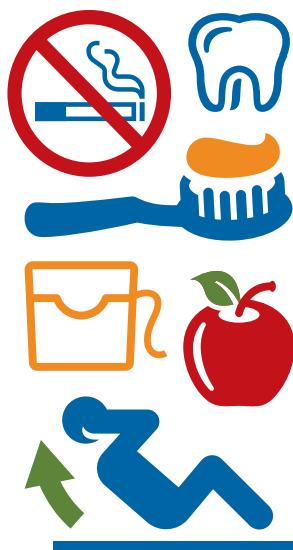
Manchester  
860.533.4678  
860.649.6900

Rockville  
860.533.4688

South Windsor  
860.533.4666

Vernon  
860.533.4611  
860.872.8321

### PRACTICE GOOD ORAL HYGIENE



- Brush your teeth twice a day
- Floss daily to remove plaque
- Replace toothbrush every 3-4 months
- Eat a diet rich in fruits, vegetables and minerals
- Exercise regularly
- Avoid cigarettes and smokeless tobacco products
- Visit the dentist regularly

### GUM DISEASE SYMPTOMS

- Inflammation of gums (red, swollen, bleed easily)
- Unpleasant taste in mouth
- Bad breath
- Loose teeth
- Regular mouth infections



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### GUM DISEASE CAN CAUSE:

- Heart Disease
- Diabetes
- Respiratory Conditions
- Stroke or Alzheimer's
- Systemic Diseases

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