

# HEALTHY IS UNDERSTANDING GOOD ORAL HYGIENE

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)



## 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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