

CAMP HILL, Pa. (May 16, 2022) – During Dental Care Month in May, United Concordia Dental, a national dental solutions partner, offers guidance to expectant mothers on the importance of good oral health during pregnancy.

“Healthy dental care habits are important for both a mother and baby’s overall health,” said Quinn Dufurrena, DDS, J.D., chief dental officer, United Concordia Dental. “The benefits of brushing, flossing and professional dental care during pregnancy go beyond preventing plaque buildup and tooth decay. As a result of hormone fluctuations and higher blood volume in the body, pregnant women are more likely to develop gingivitis.”

According to the Centers for Disease Control and Prevention, nearly 60-75% of women experience gingivitis during pregnancy. If left untreated, gingivitis can progress to a more serious form of gum disease called periodontitis, which has been associated with premature birth and low-birthweight.

Here are some healthy habits to practice during pregnancy to keep your mouth, teeth and gums healthy:

- **Brush and floss regularly**. Brush your teeth 2-3 times a day, especially after meals and before bed, with a soft-bristle toothbrush and fluoride toothpaste, and aim to floss at least once daily.
- **Visit your dentist regularly**. Routine dental checkups and cleanings during pregnancy are safe and encouraged. Remember to share important information about your pregnancy with your dentist, including whether you are experiencing any new symptoms or other changes in your mouth.
- **Protect your teeth from the effects of morning sickness**. Rinse with water, mouthwash or a mixture of one teaspoon of baking soda and one cup of water to help reduce the amount of acid in your mouth.
- **Eat a healthy diet**. Focus on eating a complete and balanced diet, limiting foods that contribute to tooth decay, such as sweets and processed carbohydrates.

“Pregnant women may benefit from seeing the dentist more frequently,” said Dufurrena. “That’s why most United Concordia plans provide additional coverage, including one extra dental cleaning, to members during pregnancy.”

For more tips on oral health care and prevention, visit the Oral Health Resources section at [UnitedConcordia.com](https://www.unitedconcordia.com).

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