

# Low Birth Weight

## Periodontal disease and pregnancy

If you have periodontal disease and you are pregnant, periodontal disease may be putting your baby's health at risk.

There is some evidence that expectant mothers who have periodontal disease are more likely to deliver a premature, low birth weight baby.



*Advanced periodontal disease*



*Bacteria entering the bloodstream*



*Prostaglandin levels*



*Periodontal disease home care*



*Pre-term baby*

Gums infected with advanced periodontal disease can be compared to a large open wound around your teeth that allows harmful bacteria to enter your bloodstream and travel throughout your body.

## Infection harmful

One theory suggests that as the body fights the infection caused by periodontal disease, it produces prostaglandin, the same hormone that signals the body to begin labor, which may result in a premature delivery.

This is serious because pre-term babies have a higher risk for disease and disabilities such as respiratory problems and developmental issues.

The good news is that early periodontal disease is preventable and treatable, starting with brushing at least twice a day and, ideally, after every meal.

We will gladly show you proper brushing and flossing techniques.

We also want to monitor the health of your gums. In some advanced cases, we may want to perform a scaling and root planing procedure.

Pregnancy is a time when every aspect of your health is especially important. Let us help you and your baby to make it safely through this wonderful event.