



# HEALTHY PREGNANCIES

## Health and Wellness

**Tip of the Week**  
**Week 4**  
**January 27, 2020**

Our Mission is to promote health awareness and encourage healthy lifestyles.

### **Pregnant? Don't Neglect Your Oral Health**

Pregnancy hormones may cause oral health changes that can make your gums more likely to get plaque. Include good oral health in your pre-birth plans with these tips:

- Have your normal cleanings and exams before pregnancy to avoid dental emergencies when pregnant.
- Keep teeth and gums healthy since studies show gum disease may lead to early and low-weight births.
- Brush your teeth at least twice a day and floss daily.
- Include plenty of calcium, protein, and vitamins A, C and D in your diet to make sure your baby's teeth grow the right way.

Visit your dentist for an evaluation of your oral health and map out a dental plan for your pregnancy.

*Sources: U.S. Department of Health and Human Services; The March of Dimes; Academy of General Dentistry*

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