Pregnant? Don’t Forget to Floss

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Along with taking prenatal vitamins and eating right, good dental care is a key to a healthy pregnancy, says a new study from the American Dental Association (ADA). Researchers have found a link between mothers-to-be who have untreated gum disease and low birth weight. Also, women who have gum disease are more likely to develop pregnancy-related (i.e., gestational) diabetes, which can lead to the mother having high blood pressure and her baby being overweight or born prematurely.

Experts suggest brushing twice and flossing once a day along with getting a routine exam at the beginning of your pregnancy.

Learn more about dental care by reading *RH*’s “Flossing.”

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http://beta.docker.realhealthmag.com/article/pregnancy-dentalcare-flossing-14551-2785