

## > Pregnancy and your teeth

# Healthy teeth for a healthy baby

Taking care of your teeth is especially important while you are pregnant. The health of your teeth and gums can affect the health of your baby.

### Your oral health matters

As a Moda Health member, you can see your dentist every six months for a cleaning. Because we think it's really important, we've added an additional third cleaning benefit for our pregnant members. That means you can get an additional cleaning in your third trimester even if you have already had two cleanings in the past 12 months.

### Why should I go to the dentist so often?

Germs in your mouth can be passed on to your baby while you are pregnant. Gum disease is linked with premature delivery and low-birthweight babies.

During your exam, your dentist will help make sure your mouth is healthy, which will help you have a healthy baby. He or she may want to take X-rays. It is considered safe to have an X-ray while pregnant. Just let your dentist or hygienist know that you are pregnant and ask your providers to use a lead apron with a thyroid collar when taking X-rays.

### You have support

If you can't find a ride to or from a dental appointment, call your local Department of Human Services office or worker one week ahead of time. You'll find those numbers on your medical care ID form.

If you need the name of a dentist or have questions about your Oregon Health Plan coverage, call Moda Health Customer Service at 800-342-0526, or visit us online at [modahealth.com/ohp](http://modahealth.com/ohp).

### Eat healthy and take care of your teeth

Here are a few tips to help you stay healthy during pregnancy:

- > Be sure to include foods high in calcium and Vitamin D in your diet.
- > Snacking during the day can cause more tooth decay. Try to limit sweet snacks.
- > Brush your teeth after eating.
- > Remember to brush twice a day and floss every day.
- > Stop smoking. Smoking can cause dental problems and hurt your baby. If you currently smoke and would like help quitting, call the Oregon Tobacco Quit Line at 800-QUIT-NOW (800-784-8669), or visit [oregonquitline.org](http://oregonquitline.org).

### Questions?

Please call 877-277-7281 or email [careprograms@modahealth.com](mailto:careprograms@modahealth.com).



Moda, Inc. complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, hay disponibles servicios de ayuda con el idioma sin costo alguno para usted. Llame al 1-877-605-3229 (TTY: 711). 注意：如果您說中文，可得到免費語言幫助服務。請致電 1-877-605-3229（聾啞人專用：711）



Delta Dental of Oregon & Alaska

[modahealth.com](http://modahealth.com)