



WHEN DO PREGNANT WOMEN GET GUM DISEASE?

Pregnant women may get a type of gum disease called “pregnancy gingivitis.” It is caused by changing hormone levels. It usually begins in the second or third month of pregnancy. It may increase in severity up until the eighth month of pregnancy.

WHAT ARE COMMON SYMPTOMS OF GUM DISEASE?

Some women may notice swelling, bleeding, redness, or tenderness in the gum tissue.

HOW DOES GUM DISEASE AFFECT MY PREGNANCY?

Pregnant women who have gum disease may be seven times more likely to have a baby that is born too early and too small.



In some cases, gums swollen by pregnancy gingivitis can react strongly to irritants and form large lumps. These growths, called “pregnancy tumors,” are not cancerous and are generally painless. If the tumor persists, it may require removal.

HOW CAN I MAINTAIN GOOD DENTAL HEALTH WHILE PREGNANT?

- Brush twice a day and floss your teeth daily. Use fluoridated toothpaste.
- Select a toothbrush that is soft and has rounded bristles.
- Maintain a balanced diet for proper nutrition. Avoid unnecessary sugars.
- See your dentist regularly, even during pregnancy.

WHEN SHOULD I BE CHECKED FOR GUM DISEASE?

All infections are cause for concern among pregnant women because they pose a risk to the health of the baby.

If you are planning to become pregnant or are pregnant, be sure to include a visit to the dentist as part of your prenatal care.

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



孕婦何時會有牙周病？

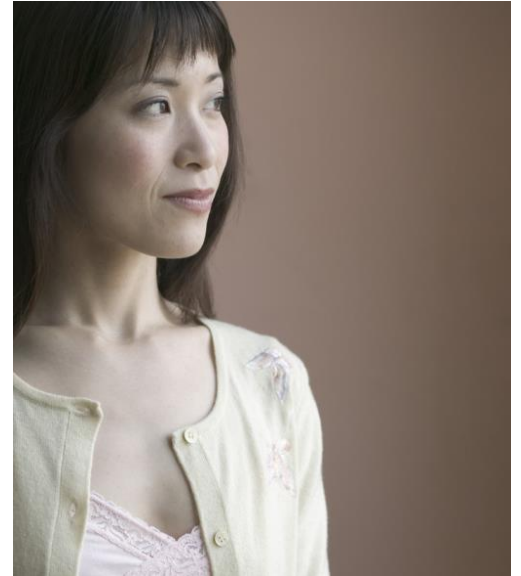
孕婦在懷孕過程中可能會患上一種稱為「妊娠牙齦炎」的牙周病。妊娠牙齦炎通常在懷孕的第二或第三個月由於激素水平變化而產生。它可能會逐漸變得嚴重，直到懷孕的第八個月才見好轉。

懷孕期間的牙周病有甚麼症狀？

有些孕婦可能會出現牙齦紅腫、流血或疼痛的症狀。

牙周病對懷孕有何影響？

患上牙周病的孕婦早產及產出的嬰兒過小的可能性比其他孕婦高七倍。



在某些情況下，由妊娠牙齦炎引起的牙齦腫脹可能對刺激物反應強烈，並形成大的腫塊。這些被稱為「妊娠瘤」的腫塊並不是癌變，一般亦無痛楚。如果腫瘤不自行消散，它可能需要被切除。

懷孕時應如何保持牙齒健康？

- 每天用含氟的牙膏刷牙兩次，並徹底清潔牙縫。
- 選擇刷毛是圓頭並且柔軟的牙刷。
- 保持均衡飲食以攝取適當營養。避免攝取過量的糖。
- 即使在懷孕期間也要定期作牙科檢查。

何時應該接受牙周病檢查？

所有感染都應引起孕婦的關注，因為這會對您嬰兒的健康帶來風險。

如果您計劃懷孕或正在懷孕，請確保牙周評估檢查包括在您的產前檢查內。

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