

## EXPECTING MOMS, BRUSH UP ON ORAL CARE

Did you know that pregnant women are more susceptible to oral infections during pregnancy? According to studies from the American Dental Association® and the American Academy of Periodontology, pregnant women with periodontal disease are seven times more likely to experience preterm births or deliver babies with a low birth rate.



Visiting your dentist for regular exams and cleanings is a good way to keep your mouth healthy and clean. The TRICARE Dental Program (TDP) covers three routine dental cleanings in a consecutive 12-month period for pregnant women.

Prevent gum disease and other oral health issues with careful and thorough home care and by scheduling routine visits with a dentist.

Expecting mothers should limit their intake of sugary foods and drinks. Bacteria metabolize sugar and create a film on teeth called plaque. The bacteria in the plaque can cause gum disease and tooth decay. Brushing and flossing after meals can eliminate food debris in the mouth to help prevent bacteria buildup.

Preventing oral health problems is easy and important for expecting mothers.

For more information about TDP coverage and benefits during your pregnancy, visit [www.mybenefits.metlife.com/tricare](http://www.mybenefits.metlife.com/tricare)