



# Pointers for Parents

## A Healthy Pregnancy Should Include...A Trip To The Dentist?

(NAPSA)—You wouldn't skip a visit to your OB-GYN during your pregnancy, so with recent studies showing a correlation between dental health and a healthy pregnancy, why would you skip a visit to your dentist?

Women who receive dental health care before or during their pregnancy have been shown to have nearly 50 percent less risk of giving birth to preterm or low-birth-weight babies than women who neglect their dental health care, according to a study done by the Columbia University College of Dental Medicine.

### Dental Care Tips for Expectant Mothers

It's particularly important to maintain proper oral health during pregnancy because hormone changes can make gums more susceptible to bleeding and disease.

In addition to regular dental care practices, women experiencing morning sickness could consider rubbing a paste of baking soda and water on their teeth and leaving it for 30 seconds to neutralize the effects of acids and help prevent tooth erosion.

While maintaining good at-home dental care is important, it's also recommended that women who are planning to conceive or who are already pregnant visit the dentist for a checkup.

### Dental Savings Solutions for Planning and Expecting Mothers

If possible, it is best to plan a trip to the dentist before conceiving to lower chances of passing along harmful bacteria to unborn children.

Unfortunately, current economic woes coupled with rising dental care prices and a lack of dental insurance may deter women who would otherwise schedule a preventive dental checkup. However, there is an easy and quick way for women



**Women who get dental care before or during pregnancy have nearly half the risk of giving birth to preterm or low-birth-weight babies.**

to pay less for necessary dental visits during this important time.

For women skipping dental visits due to budget strains, a discount dental plan can help alleviate economic concerns.

A discount dental plan allows women to stay up-to-date with regular dental health care checkups without breaking the bank. DentalPlans.com offers over 30 national and regional plans that allow members to save valuable money on most dental services.

These plans are an ideal dental care savings solution regardless of whether women are planning to become pregnant or are already expecting. Plans activate quickly, providing a solution for expecting mothers who need to quickly catch up on dental visits.

In addition to regular plan savings, you can save 15 percent on any discount dental plan by using coupon code HEALTHY15 when you visit [www.DentalPlans.com](http://www.DentalPlans.com) or call (888) 632-5353.