



*Welcome!*



**HEALTHY MOTHERS,  
HEALTHY BABIES**

*Coalition of Georgia*

**Annual Meeting & Conference**

Gwinnett Technical College

October 4, 2016



**Our mission is to improve access to healthcare for Georgia's women and children through advocacy, education and access to vital resources.**



**HEALTHY MOTHERS, HEALTHY BABIES**

*Coalition of Georgia*

*Est. 1973*

# Oral Hygiene, Pregnancy, Birth Outcomes and the First Year

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Help a Child Smile  
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# Oral Health and Pregnancy

- Oral health is an important part of a person's overall health.
- Lack of dental care during pregnancy has adverse effects for babies.
  - Associated with higher preterm birth rate
  - Linked with increased incidence of low birthweight babies
- Pregnant women have an increased risk of several common oral diseases.
  - Gingivitis
  - Periodontal Disease
  - Tooth Decay/Erosion



Source: Altman Dental

# What Care is Safe During Pregnancy?

## Dental Care that is Safe for Pregnant Women

- Routine Checkups
- Teeth cleaning including deep cleaning
- Use of Local Anesthetics
- Necessary dental x-rays
  - Protective leaded apron must be worn.

## Dental Care that Pregnant Women should not Receive

- Some medications

<http://www.mouthhealthy.org/en/pregnancy/concerns>;

[http://www.ada.org/~media/ADA/Publications/Files/for\\_the\\_dental\\_patient\\_may\\_2011.ashx](http://www.ada.org/~media/ADA/Publications/Files/for_the_dental_patient_may_2011.ashx)

# Dental Care During Pregnancy

- The American Congress of Obstetricians and Gynecologists (ACOG) and the American Dental Association (ADA) recommend that preventative dental care be provided as early in pregnancy as possible
- Changes in hormonal levels during pregnancy increase the risk of developing gum disease or worsen the condition in those who already have it
- It's estimated that 38% of American adult women have some form of gum disease.

# Periodontal Disease and Poor Birth Outcomes

- Periodontal, or gum disease is an infection of the tissues surrounding the teeth.
  - Results in gum recession and possible loss of tooth
  - Caused by excessive build up of plaque
  - Detected in an estimated 40% of pregnant women
- A strong correlation between periodontal disease and preterm deliveries has been found.



2016 State of the State of Maternal & Infant Health in Georgia

*Where We Have Been, Where We Are Now,  
and What We Can Do*



# Periodontal Disease and Poor Birth Outcomes

- Research suggests that the bacteria that causes inflammation in the gums can actually get into the bloodstream and target the fetus, potentially leading to premature labor and low-birth-weight (PLBW) babies.
- Obstetricians should educate their patients on the importance of oral health care during pregnancy

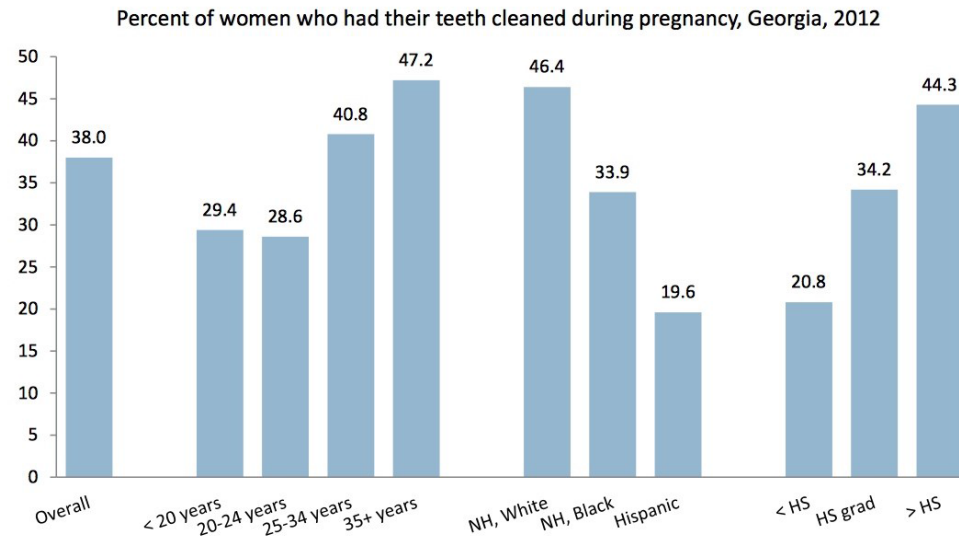


*Source: Kaiser Health News*



# Access to Dental Care

- In 2012, only 38% of women in Georgia had a routine dental cleaning during pregnancy.
- GA Medicaid covers dental care for pregnant women.
  - In 2011 only 13%, 14%, 35% of those enrolled in the 3 Medicaid Care Management Organizations received dental care during pregnancy



Source: PRAMS 2012

# Barriers to Accessing Dental Care

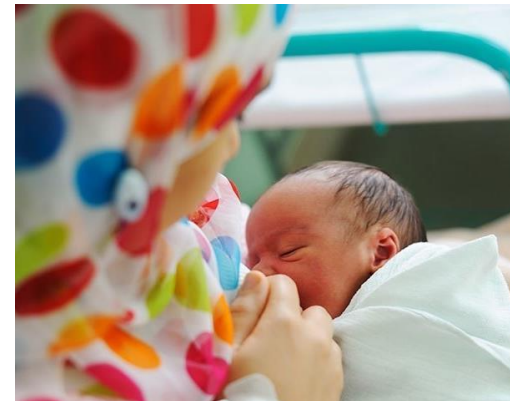
- Women are often unaware of the importance of dental care during pregnancy.
- Dental care providers may be hesitant to work with pregnant women.
- Limited financial resources and lack of insurance may keep pregnant women from seeking care.
- Lack of access to transportation.

# Oral Hygiene for Infants: Preventing Tooth Decay

- Most common childhood disease
- Commonly caused by frequent, prolonged exposure of an infant's teeth to sugary drinks
- Breastfeeding reduces the risk of developing tooth decay and oral caries.
- Recommendations for Prevention:
  - Avoid filling bottles with sugary beverages including sweetened water, milk or fruit juice.
  - Do not put infants to bed with a bottle.
  - Try not to share saliva with the baby by using the same spoon or licking a pacifier to clean it.

# Oral Hygiene for Infants: Teeth Cleaning

- For newborns, wipe your baby's gums with a clean, moist gauze pad or washcloth after feeding.
- Brush your children's teeth with a soft toothbrush.
- Consider using fluoridated toothpaste for children over 2 years old.
- Schedule your child's first dental visit before their first birthday.



Source: Creative Commons

# Thank you!

- Questions?
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