

Periodontal (Gum) Disease

Periodontal disease is an infection affecting the area around the teeth including the gums. A dentist can treat periodontal disease.

It is believed that ½ of Americans over 30 years old have bleeding gums. Swollen and bleeding gums are early signs of bacterial infection that can lead to periodontal disease. The bacteria can spread through the mouth destroying the support of your teeth and making the teeth so loose they may have to be removed.

How does it relate to my baby?

- A woman who has gum disease during pregnancy may deliver her baby too early and is more likely to have a low birth weight baby
- Low birth weight babies are more likely to experience health problems such as infections. They could also develop at a slower rate than other children their own age

FOR MORE INFORMATION CONTACT:

HEALTHY START

at the **PINELLAS COUNTY**
HEALTH DEPARTMENT
in your area

St. Petersburg	727-824-6900
Clearwater	727-469-5800
Largo	727-588-4040
Tarpon Springs	727-942-5457
Pinellas Park	727-547-7780

What **YOU** Can Do To Have **A HEALTHY BABY**

- ◆ **DO** avoid smoking, drugs or alcohol and caffeine (including soda)
- ◆ **DO** take prescribed medications and follow your doctor's advice.
- ◆ **DO** inform your doctor when taking medications, vitamins or herbal remedies
- ◆ **DO** get prenatal care and ask your doctor questions about your health
- ◆ **DO** go to a dentist for a regular checkup. Brush and floss at least twice per day
- ◆ **DO** eat a well balanced diet and drink eight glasses of fluid a day
- ◆ **DO** take prenatal vitamins and folic acid
- ◆ **DO** always wipe from front to back after a bowel movement
- ◆ **DO** wear a seatbelt and remember to buckle the lap belt under your stomach
- ◆ **DON'T** douche. It increases the chances of bacterial and yeast infections

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HEALTHY TIPS **FOR** **PREGNANT** **WOMEN**



Nutrition

All women need to eat well-balanced meals whether or not they are pregnant. All women need *folic acid* (a B vitamin), *iron* and *calcium*. Taking *folic acid* helps prevent birth defects of the brain and spine, and may help prevent heart attacks, stroke and some cancers. *Iron* helps build healthy blood. Some women may develop anemia (not having enough iron in the blood) during their pregnancy. Anemia can cause complications during delivery. *Calcium* helps keep bones strong for you and your baby.

How does it relate to my baby?

- Good eating habits help your baby grow and develop
- Healthy women of normal weight should gain between 25 to 35 lbs during their pregnancy (using a carefully planned diet)
- A well-balanced diet lowers the risk of high blood pressure, low birth weight, gestational diabetes and swelling related to the pregnancy



Smoking

How does it relate to my baby?

- Smoking during pregnancy increases the chances of miscarriages, stillbirths, preterm labor (babies born too early), infant death and low birth weight
- Smoking reduces the amount of oxygen that gets to your baby in the womb, causing your baby's growth to be slower and be born at less than normal weight

After birth...

- Infants of mothers who smoke during and after pregnancy are more likely to die of SIDS (Sudden Infant Death Syndrome)
- Mothers who smoke after the baby is born increase the baby's chances of suffering from asthma, pneumonia, bronchitis and fluid in the middle of the ear. Don't let other people smoke around your baby!
- Breast milk is best for your baby, but the breast milk of women who smoke has been found to contain nicotine

Maternal Infections

The most common infections in pregnant women are urinary tract infections, bacterial vaginosis (BV), Group B Strep (GBS) and sexually transmitted diseases such as chlamydia, gonorrhea, herpes and warts (HPV or human papillomavirus).

Urinary tract infections (UTI)

UTI's are bacterial infections of the bladder, kidney or ureter (tubes leading to the bladder). Being pregnant increases the chances of having urinary tract infections. Symptoms may include pain/discomfort or a burning sensation when urinating, bad smelling urine and cloudy urine. Untreated infections can lead to premature labor and other pregnancy complications.

How does it relate to my baby?

- Maternal infections increase the chances of pregnancy complications such as premature labor, early pregnancy loss, premature rupture of membranes and low birth weight
- Maternal infections, if left untreated, can affect the baby before or at delivery

