

PREGNANCY IS A SPECIAL TIME FOR WOMEN TO TAKE EXTRA CARE OF THEIR BODIES. THEY SHOULD BE WATCHFUL OF THEIR ORAL HYGIENE PRACTICES AND EATING HABITS TOO.

BETWEEN THE THIRD AND SIXTH MONTH OF PREGNANCY, THE BABY'S TEETH BEGIN TO FORM.

WOMEN SHOULD BE SURE TO RECEIVE AN ADEQUATE AMOUNT OF CALCIUM, NOT JUST FOR THE MOM, BUT FOR THE BABY AS WELL. OTHERWISE, THE MOTHER'S BODY MAY HAVE TO PROVIDE THE CALCIUM FROM HER BONES. CALCIUM CAN BE FOUND IN DAIRY PRODUCTS AND ALSO IN SUPPLEMENTS PRESCRIBED BY A PHYSICIAN.

PREGNANT WOMEN ALSO NEED TO BE CONSCIOUS OF THEIR ORAL HEALTH. PROPER ORAL HYGIENE IS NECESSARY TO PREVENT TOOTH DECAY AND GINGIVITIS, AN INFLAMMATION OF THE GUMS.

YOU CAN PREVENT THIS BY FLOSSING DAILY AND BRUSHING THOROUGHLY WITH A FLUORIDE TOOTHPASTE TWICE A DAY.

BY EATING A BALANCED DIET AND MAINTAINING GOOD ORAL HYGIENE, BOTH YOU AND YOUR BABY CAN HAVE A BEAUTIFUL AND HEALTHY SMILE.

FOR THE ADA DENTAL MINUTE, I'M DR. MARIA LOPEZ HOWELL.