

Niitty Project 2018–2020

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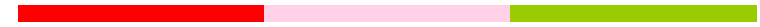
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Niitty – Developing a Peer-based Family
Training Model for Immigrants

DENTAL HEALTH DURING PREGNANCY AND BREASTFEEDING

Suunterveys raskaus- ja imetysaikana



THE EFFECTS OF PREGNANCY ON DENTAL



- Pregnancy and changes in hormonal activity have an effect on your dental health.
- During pregnancy, the risk of dental cavities increases
- The number of harmful bacteria (for example, streptococcus mutans) increases at the end of the pregnancy and while breastfeeding
- Frequent vomiting during the early pregnancy weakens the surface of the teeth
- Gum inflammation may get worse during pregnancy. Gum inflammation may lead to periodontal disease, which is a set of inflammatory conditions affecting the tissues surrounding the teeth. This may increase the risk of premature birth.

Your diet during pregnancy will also influence the condition of your teeth



- You eat more snacks while pregnant and breastfeeding.
- Snacks increase the risk of dental cavities.

LOOK AFTER YOUR TEETH!



- Brush your teeth in the morning and before bed
- Use xylitol after meals. For example, xylitol lozenges or chewing gum.
- The mother's good dental hygiene also promotes the child's dental health

**DURING PREGNANCY AND WHEN THE
BABY IS YOUNG, IT IS A GOOD IDEA FOR
THE PARENTS TO VISIT A DENTIST!**

