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PREGNANCY & newborn

OUR TOP 10 DIAPER BAGS

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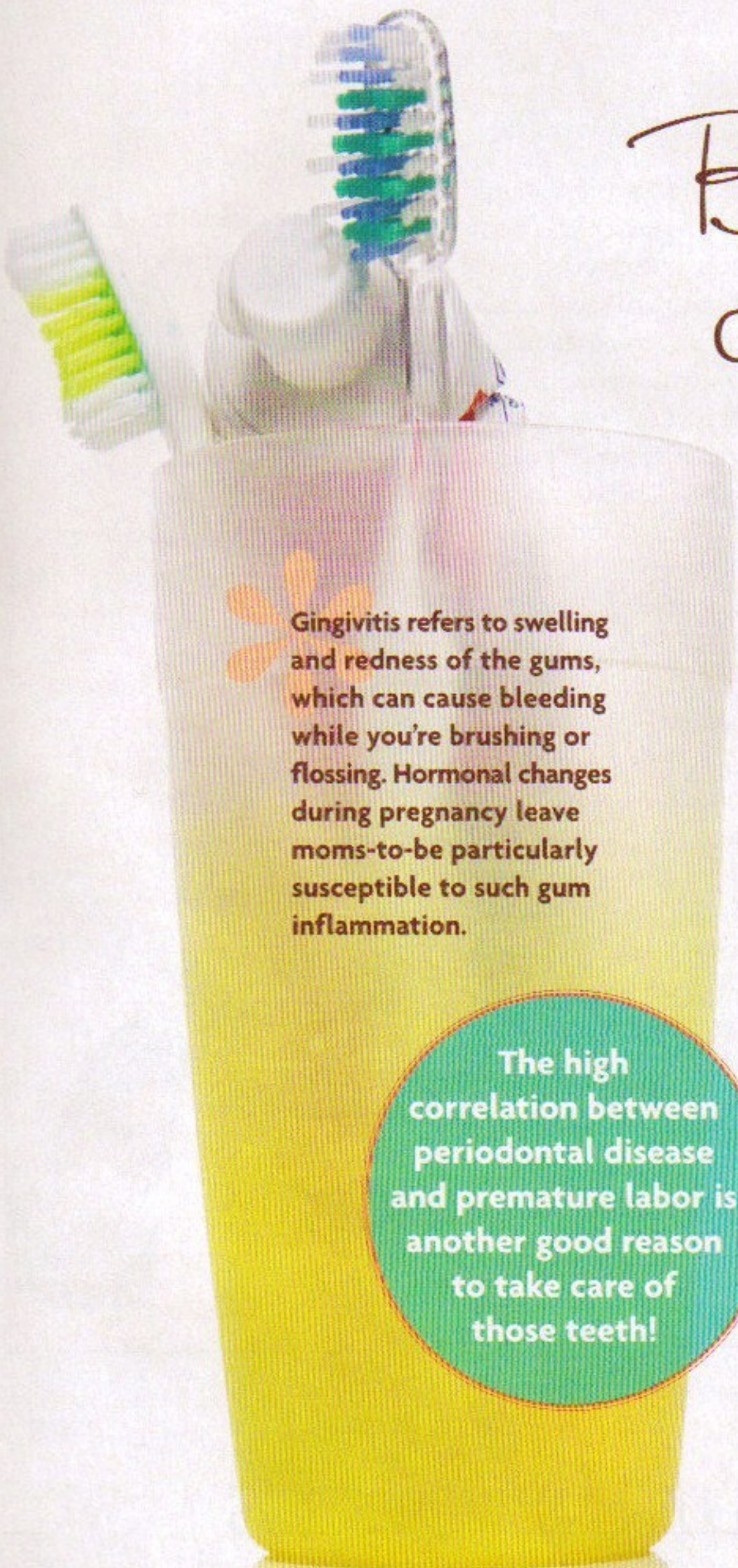


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1 good health

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Brushing up on oral healthcare



Gingivitis refers to swelling and redness of the gums, which can cause bleeding while you're brushing or flossing. Hormonal changes during pregnancy leave moms-to-be particularly susceptible to such gum inflammation.

The high correlation between periodontal disease and premature labor is another good reason to take care of those teeth!

Expecting women are at a significantly higher risk for gingivitis than the non-baby-bearing crowd, so minding your mouth is particularly important during your nine months of incubating. Follow these steps to protect your pearlyies:

- * Use fluoride toothpaste twice a day to remove plaque and keep gums and teeth healthy.
- * Remove any lingering between-the-teeth buildup with either floss or interdental cleaners every single day—no slacking!
- * Schedule an extra visit to your dentist during your pregnancy, since his professional tools provide a more thorough cleaning than the average at-home routine.
- * Choose oral care products that have earned the American Dental Association (ADA) Seal of Acceptance, so you can feel confident they're safe and effective.

Many thanks to Dr. Lee Gause, DDS of Smile Design Manhattan for sharing his expert tips.