# TRUE OR FALSE?
## COMMON MYTHS ABOUT PREGNANCY

## MYTH        vs.        FACT

| MYTH | FACT |
|---|---|
| "Mothers lose a tooth with each pregnancy" | Pregnant women may be at higher risk for dental caries which, if untreated, can lead to tooth loss. Pregnant women may also have gingivitis, which can lead to periodontitis and eventually tooth loss. |
| "Mothers lose calcium from their teeth during pregnancy because the unborn baby steals the mom's calcium" | The calcium your baby needs is provided by your **diet** - not by your teeth. So, get calcium from at least 3 servings of dairy per day and ask your doctor if supplements are needed. |
| "Dental x-rays are not safe during pregnancy" | Dental x-rays are safe during pregnancy because radiation from dental X-rays is very low. The dentist will safeguard you and your baby by taking X-rays only if needed and covering you with a lead apron and a thyroid collar. |
| "Medications, antibiotics and dental anesthetics are not recommended during pregnancy" | Your dentist has safe options for dental anesthetics, antibiotics, and pain relief medication. Your dentist may talk with your physician to determine which medicines you may take safely during pregnancy or lactation. |
| "Dental treatments and cleanings are not safe during pregnancy" | Dental treatments and cleanings are safe and important to help keep your mouth healthy. You may be more comfortable during the 2nd trimester as nausea could be a problem during the 1st trimester. |
| "Maternal oral health does not affect the future child's health" | Children born to women with high levels of caries-causing bacteria are at risk of developing dental caries. Due to changing hormones, pregnant women are at risk for gum disease and gum growths, resulting in greater chance of delivering babies preterm and underweight. |

**Mothers-to-be must go for dental check-ups early on in their pregnancies to ensure that they don't develop oral infections! Early is Key!**