Oral care is important for safe pregnancies

▶ Pregnancy increases the risk of gingival inflammation, periodontal disease and dental caries due to hormonal changes and altered eating patterns.

▶ Up to 70% of pregnant people experience gingivitis, highlighting the importance of oral health.

▶ Periodontal therapy can reduce oral inflammation and bacterial levels, which may be associated with a decreased incidence of spontaneous preterm birth.

▶ Making timely referrals for oral care and emphasizing prevention is critical to prenatal and maternal well-being.

Take two: Two minutes to improve patient outcomes

When you see pregnant patients, ask:

▶ Do you have any concerns about your oral health?

▶ When was your last visit to the dentist?

▶ Do you know that pregnancy can affect your teeth and gums?

▶ Do you need help finding a dentist?

Need support connecting a member to dental care? Place a dental care request via our Provider Portal and we will do the rest.

Note: Documented oral health questions may be reimbursable under the physical health benefit.

OHP coverage includes comprehensive dental benefits:

▶ Exams

▶ X-rays

▶ Cleanings

▶ Fluoride treatments

▶ Deep cleaning for gum disease

▶ Fillings

▶ Crowns, limited

▶ Root canals, limited

▶ During pregnancy, some of these benefits are enhanced and extended for 12 months after delivery.

careoregon.org

Columbia Pacific CCO™
Part of the CareOregon Family

Jackson Care Connect™
Part of the CareOregon Family

health share
Health Share of Oregon

CareOregon®

An Upstream Approach

▶ Prenatal oral health care is a proactive approach to reducing early childhood caries.

▶ Decreasing the oral bacterial burden reduces the risk of transmission from pregnant person to their infant, helping to lower the child's future risk of caries.

▶ Emphasizing the importance of oral health during pregnancy fosters lifelong oral hygiene habits and positive dietary behavior.

Talk to your pregnant patients about oral care.

Dispel the myths:

X   Dental treatments harm the fetus

X   Pregnancy causes tooth loss or weakens teeth

X   Babies absorb calcium from their mother's teeth

Help patients understand that dental care is safe during pregnancy. This includes:

✓ Diagnostic services, like dental exams and x-rays

✓ Preventive services, such as cleanings and fluoride treatments

✓ Restorative services including those requiring local anesthesia, like fillings and extractions

---

Tools for providers

Patients are more likely to follow recommendations given by their primary and behavioral care team. We offer resources to help:

▶ Educational curricula and training for provider teams

▶ Data and dental plan navigation tools

▶ Technical assistance and support

Contact: *oralhealth@careoregon.org*

Thank you for helping pregnant patients understand the link between physical health and oral health.

careoregon.org

Columbia Pacific CCO™
Part of the CareOregon Family

Jackson Care Connect™
Part of the CareOregon Family

health share
Health Share of Oregon

CareOregon®