

Oral Health Care for Pregnant Women

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Why should pregnant women receive oral health care?

- Oral health care is important for overall health.
- Maximizing maternal oral health improves oral health of their children.
- Poor oral health has been associated with poor pregnancy outcomes.

**2 cm foot ulcer is smaller than
the ulcerated epithelium within
infected periodontal pockets**



Kumar J private collection 2009

MYTHOLOGY - Tooth lost from every pregnancy - Dental Caries



Decay comes from repeated attacks on tooth from acid produced by bacteria not from pregnancy.

Prevalence of untreated tooth decay in 20-39 year old was about 27% - NAHNES 1999-2002.

Maternal oral health and ECC

- Dental caries is the most common disease affecting children in the US.
- Transmissible, infectious bacterial disease that can be transmitted from mother to child.
- Saliva sharing behaviors facilitate the exchange of bacteria associated with dental caries.

Kumar J & Samelson R. Oral health care during pregnancy
Practice Guidelines.

New York State Department of Health. 2006.

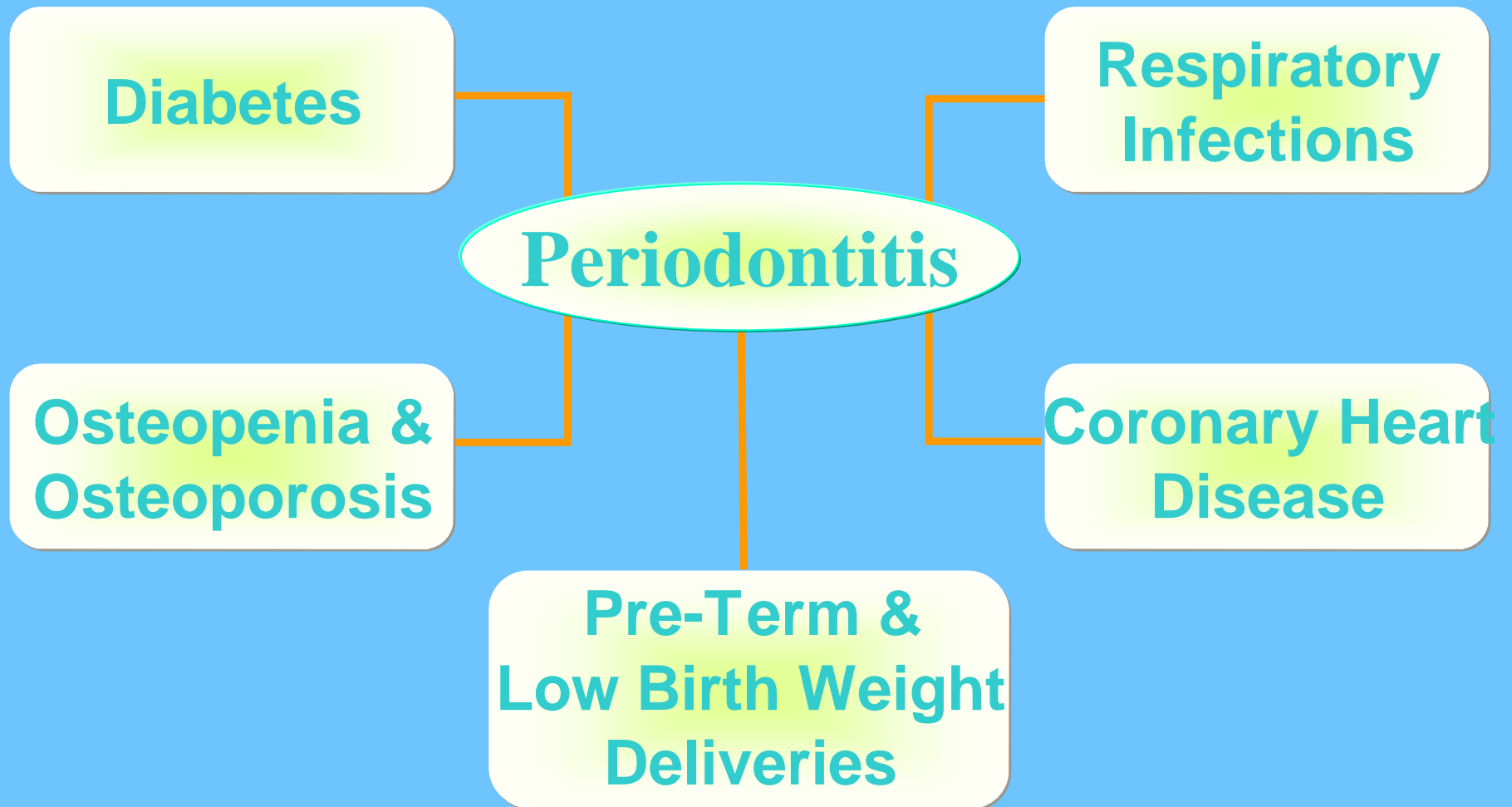


Decrease maternal-child transmission of cariogenic bacteria

- Use antibacterial therapy and fluoride on mothers et al.
- Use preventive and restorative dentistry to improve maternal oral health.
- Xylitol can inhibit bacterial transfer and is also antibacterial.
- Educate mothers aggressively .

Featherstone JDB & Zhan L. Consequences of Maternal-Child Transmission of Cariogenic Bacteria. Perinatal Oral Health Consensus Conference. February 2009. Sacramento, CA

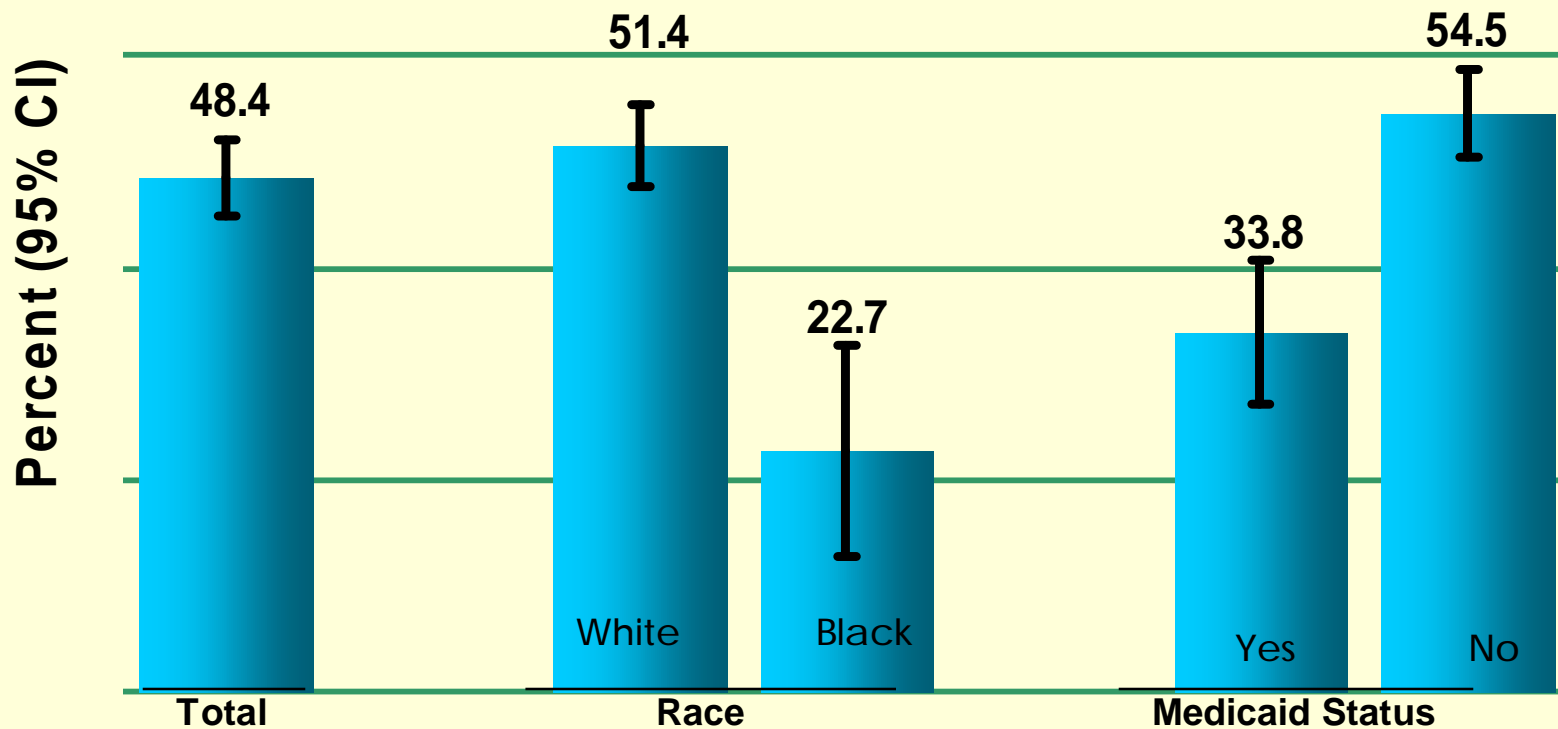
Associations between oral infections and systemic conditions



Infections

- Sexually transmitted infections
- Reproductive Tract – chorioamnionitis, BV
- Appendicitis
- Pulmonary
- Renal bacteriuria, pyelonephritis
- Oral Cavity
 - Periodontal Disease
 - Caries

Dental Visit (%) During Pregnancy By Race and Participation in Medicaid



Source: PRAMS, 2002

Barriers to oral health care

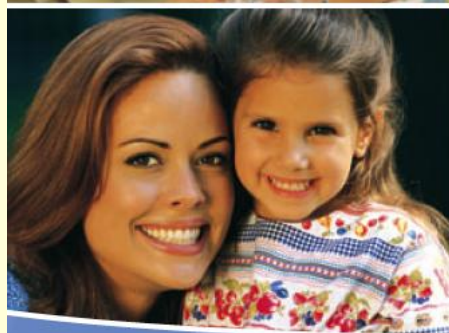
- Lack of awareness/ misconception
- Low use of preventive services
- Socioeconomic factors
- Competing priorities
- Lack of community-based programs
- Inadequate number of providers
- Lack of transportation
- Flexibility in getting time off from work
- Lack of resources to pay
- Concerns about harm to fetus

Dentists: Barriers to Dental Care

- Erroneous perception of effect of x-rays
- Use of materials like mercury
- Use of medication
- Perception of patient discomfort
- Lack of practice guidelines

Cruz G NYU School of Dentistry

Oral Health Care during
Pregnancy and Early Childhood
Practice Guidelines



Conceived 2004
Birth 2006

New York State Department of Health
August 2006

Message for PNC providers

- Educate patients (and other providers):
 - Oral health is part of overall health
 - Dental care is safe and effective
 - Delay in treatment could result in adverse effects
 - Dispel myths and misconceptions
 - Incorporate oral health care into routine prenatal care
- Partner with dental professionals

Role of Prenatal Care Providers

- Ask and advise
 - Have you had a dental visit in the last 6 months?
 - Do you have:
 - Bleeding gums
 - Toothache
 - Cavities
 - Loose teeth
 - Other problems in your mouth
- Arrange and Assist

Prenatal Education

- Encourage all women to schedule an oral health exam during pregnancy.
- Dental care is safe and effective.
- First trimester diagnosis and treatment can be undertaken safely.
- Delay in treatment could result in adverse effects for the mother and child.

Advice to Pregnant Women

- Brush at least twice daily with a fluoride toothpaste and floss.
- Limit eating sugary foods; eat only at mealtime; brush after eating.
- Avoid carbonated beverages and drinks.
- Choose fruit rather than fruit juice.

Recommendations for Oral Health Care During Pregnancy

- Welcome pregnant women to your dental practice.
- Keep patients comfortable in chair
 - Keep head HIGHER than feet.
- Use x-rays appropriately.
- Discuss risks and benefits of restorative materials.
- Follow recommendations for medication in Guidelines.

APPENDIX A:
 Consultation Form for Pregnant Women to Receive
 Oral Health Care

Referred To: _____ Date: _____
 Patient Name: Last _____ First _____
 DOB: _____ Estimated Delivery Date: _____ Week of Gestation Today: _____
 Known Allergies: _____
 Precautions: None Specify (If Any): _____

This patient may have routine dental evaluation and care, including but not limited to:

- Oral health examination
- Dental x-ray with abdominal and neck lead shield
- Dental prophylaxis
- Local anesthetic with epinephrine
- Scaling and root planing
- Root canal
- Extraction
- Restorations (amalgam or composite) filling cavities

Patient may have: (Check all that apply)

Acetaminophen with codeine for pain control

Alternative pain control medication: (Specify) _____

Penicillin

Amoxicillin

Clindamycin

Cephalosporins

Erythromycin (Not estolate form)

Prenatal Care Provider: _____ Phone: _____
 Signature: _____ Date: _____

DO NOT HESITATE TO CALL FOR QUESTIONS

DENTIST'S REPORT
 (for the Prenatal Care Provider)

Diagnosis: _____

Treatment Plan: _____

Name: _____ Date: _____ Phone: _____
 Signature of Dentist: _____

This patient may have routine dental evaluation and care, including but not limited to:

- Oral health examination
- Dental x-ray with abdominal and neck lead shield
- Dental prophylaxis
- Local anesthetic with epinephrine
- Scaling and root planing
- Root canal
- Extraction
- Restorations (amalgam or composite) filling cavities

Patient may have: (Check all that apply)

- Acetaminophen with codeine for pain control
- Alternative pain control medication: (Specify)
- Penicillin
- Amoxicillin
- Clindamycin
- Cephalosporins
- Erythromycin (Not estolate form)

Role of Child Health Professionals

- Educate pregnant women and new parents about their oral health.
- Assess children for the risk for oral diseases beginning at 6 months of age.
- Advise women to take actions.
- Evaluate and refer when necessary.
- Assist in establishing a dental home.

Oral Health Messages

- Oral health and dental treatment during pregnancy and early childhood is important.
- Oral diseases may adversely affect pregnancy.
- Early childhood caries is a preventable infectious disease.
- Oral health should be incorporated into prenatal care and well child visits.

Dental care during pregnancy and early childhood should be as routine as an ultrasound.

