Is your mouth healthy?

- Do you have dark spots or holes in your teeth?
- Do your teeth ache or are they sensitive to hot or cold?
- Do your gums bleed when you brush or floss?
- Are your gums red, swollen, or tender?
- Do you have bad breath or a bad taste in your mouth?

If you answered yes to any of these questions, you may have cavities or gum disease.

Follow these easy tips to keep your smile healthy:

- Brush your teeth twice a day and floss once a day.
- Use a small, soft toothbrush and toothpaste with fluoride.
- Use a fluoride mouthrinse daily if you have frequent morning sickness.
- Visit the dentist at least once during your pregnancy for a check-up and cleaning. If you have problems with your teeth or gums, visit the dentist as soon as possible.
- Eat fruits, vegetables, or yogurt as a snack or when you have a craving.
- Drink water with fluoride.
- Limit sweets such as candy, cookies, donuts, and dried fruit.
- Limit soda pop and sugary drinks.