

DIABETIC PREGNANCY AND GUM DISEASE



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مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Women pass through several phases during her life because of the hormonal changes from adolescence, period, pregnancy, and menopause. These hormonal changes cause a lot of gum inflammation, mouth dryness, taste change, and osteoporosis. Pregnancy increase gum inflammation and it will be worse with diabetic one. Loosing teeth because of ignoring oral hygiene and uncontrolled blood sugar during pregnancy. She may complain of saliva deficiency, fungus, and ulcers. Gum diseases may lead to early delivery and birth low weight.



SYMPTOMS OF GUM DISEASE



The symptoms of normal person and diabetic patients are similar, but it becomes worse in diabetic pregnancy women who will suffer from swelling, gum bleeding, awful taste, and bad breath. With time and ignoring oral hygiene an inflammation may attack periodontal ligaments that surround tooth and lead to tooth loose.

CAUSES OF GUM DISEASE

General causes: Pregnancy with uncontrolled blood sugar

Oral causes: Food remaining on teeth (plaque) with no oral care from the pregnant women or use a wrong technique in cleaning.



BEFORE PREGNANCY

A women who like to get pregnant should:

- 1) Treat her teeth and get the advice on how to keep good home care to avoid gum inflammation and tooth pain during pregnancy
- 2) Keep recall appointments with her dentist before, during, and after pregnancy

TREATMENT AND PREVENTION



Pregnant women feel dizziness, vomiting, loss of appetite during pregnancy, as well as hate perfumes and sometimes tooth brushing which lead to ignore oral home care.

To keep health mouth and teeth, a pregnant women should:

- 1) Place a pea toothpaste on the toothbrush then brush and exclude all paste from mouth and continue brushing. Try to reach gently posterior teeth
- 2) Use Miswak if it is difficult to use toothbrush
- 3) Keep using dental floss to avoid any dental decay between teeth
- 4) Follow up dental appointments during pregnancy