



MedStar Family
Choice

DISTRICT OF COLUMBIA



Know the Facts.
Get Informed.
Be Empowered!

Pregnant **Healthy Smile**

Did you know that what you eat during pregnancy affects the development of your baby's teeth?

- Your baby's teeth start to form as part of their fetal development during the second trimester, so now is the time to get the right nutrients from a balanced diet.
- During pregnancy, your goal is to maintain optimal health for you and your baby. This includes taking care of your teeth and gums and visiting the dentist regularly.

Visit a Dentist

- It is very important to visit your dentist regularly your whole life. Seeing a dentist regularly is important for good oral health.

Floss Every Day

- Clean between your teeth once a day, every day, with floss or flossers to remove plaque and food where a brush cannot reach.

Attack Plaque!

Plaque is a sticky film of germs that forms on teeth and gums after eating. Plaque that is not removed by brushing twice a day and flossing once a day, can lead to cavities.

What Can I Do at Home to Take Care of My Teeth? Try These Tips For Maintaining A Healthy Mouth During Pregnancy:

- Rinse your mouth with water. This is important if you vomit because of morning sickness or if you eat sugary snacks throughout the day.
- Brush your teeth twice a day. Clean between your teeth daily by flossing. This will help prevent gum disease and keep your mouth healthy and clean.
- Brush thoroughly with an American Dental Association (ADA) accepted fluoride toothpaste twice a day.
- Change your toothbrush every 3 months.
- Eat healthy foods. Limit sugary drinks and snacks. If you snack, do so in moderation.
- Visit your dentist at least once during pregnancy, for a professional cleaning and check-up.
- If you need help controlling plaque, your dentist may recommend rinsing at night with an antimicrobial mouth rinse.

For more details on how to brush:



To find a **Dentist** or **schedule a dental appointment**, please call **844-391-6678**. For **Transportation**, please call: **866-201-9974**. For more information about events, programs and classes please visit the MedStar Family Choice District of Columbia (MFC-DC) Enrollees Events and Outreach Programs website:

<https://www.medstarfamilychoicedc.com/enrollees/events-and-outreach-programs>.

MedStar Family Choice District of Columbia complies with all applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

If you do not speak and/or read English, please call 888-404-3549 between 8:00 a.m. and 5:30 p.m. A representative will assist you.

Si no habla o lee inglés, llame al 888-404-3549 entre las 8:00 a.m. y las 5:30 p.m. Un representante se complacerá en asistirle.

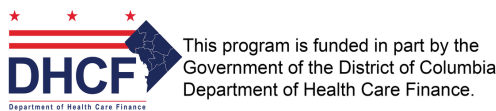
Nếu bạn không nói và/hoặc đọc tiếng Anh, xin gọi 888-404-3549 từ 8 giờ 00 sáng đến 5 giờ 30 chiều. Sẽ có người đại diện giúp bạn.

‘영어로 대화를 못하시거나 영어를 읽지 못하는 경우, 오전 8시 00분에서 오후 5시 30분 사이에 888-404-3549번으로 전화해 주시기 바랍니다. 담당 직원이 도와드립니다.

Si vous ne parlez pas ou lisez l'anglais, s'il vous plaît appeler 888-404-3549 entre 8:00 du matin et 5:30 du soir. Un représentant vous aidera.

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‘如果您不能講和/或不能閱讀英語，請在上午 8:00 到下午 5:30 之間給 888-404-3549 打電話，我們會有代表幫助您



It's how we treat people.