

Pregnant women with healthy gums are
3X LESS LIKELY
to have a premature birth, reducing the risk
of having a low birth weight baby.

www.dentalhealth.org



PRIMARY CARE PROVIDERS

Middlebury
(203) 758-8107
(203) 758-2458



Naugatuck
(203) 729-664
(203) 729-5271

Southbury
(203) 264-6503
(203) 405-7170

Thomaston
(860) 283-6255

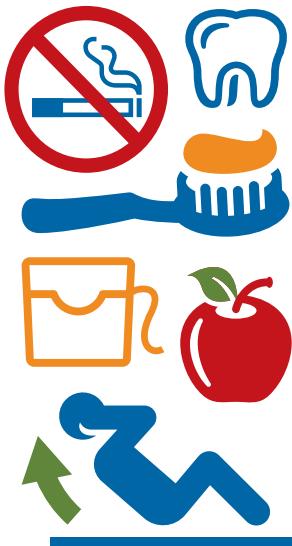
Waterbury
(203) 756-7788
(203) 573-7284
(203) 756-6148
(203) 574-1274

Watertown
(860) 274-5497

Wolcott
(203) 879-8003

Woodbury
(203) 266-0080

PRACTICE GOOD ORAL HYGIENE



- Brush your teeth twice a day
- Floss daily to remove plaque
- Replace toothbrush every 3–4 months
- Eat a diet rich in fruits, vegetables and minerals
- Exercise regularly
- Avoid cigarettes and smokeless tobacco products
- Visit the dentist regularly

GUM DISEASE SYMPTOMS

- Inflammation of gums (red, swollen, bleed easily)
- Unpleasant taste in mouth
- Bad breath
- Loose teeth
- Regular mouth infections



www.deltadentalins.com



GUM DISEASE CAN CAUSE:

- Heart Disease
- Diabetes
- Respiratory Conditions
- Stroke or Alzheimer's
- Systemic Diseases

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