



Pregnancy Oral Health: MO PQC Workbook Webinar

June 4, 2025

IN PARTNERSHIP WITH THE



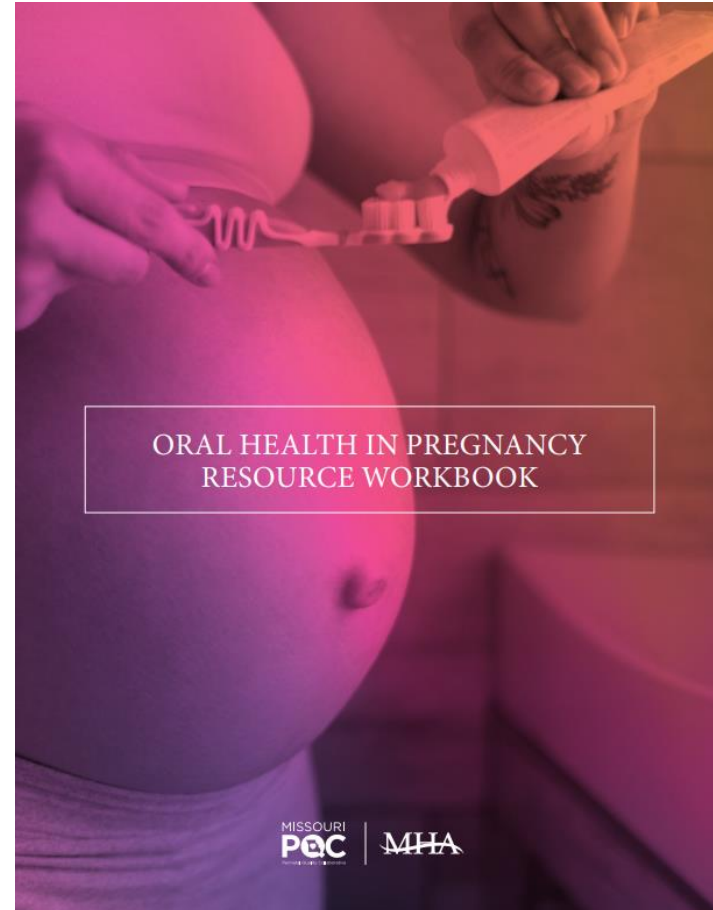
Agenda

Review the Evidence

Missouri Data and Call to Action

Resources

Q&A



The Evidence

Oral Health Assessment at first prenatal visit

Support Pregnant persons in maintaining regular dental checkups

- Every six-month checkups
- Dental procedures including X-rays and use of local anesthesia are safe during pregnancy

Emphasize the following Oral Health practices:

- Brush teeth twice daily for 2 minutes with toothpaste containing fluoride
- Floss daily
- Keep dental appointments twice a year
- Use chlorhexidine and fluoridated mouthwash to reduce bacteria
- Chew gum with xylitol to reduce bacteria
- Rinse mouth with one teaspoon of baking soda mixed in one cup of water after vomiting to help neutralize acid

The Evidence

Additional Recommendations:

- Drink fluoridated water
- Limit sugar intake
- Eat nutritious foods
- Do not use tobacco

The Evidence

Associations are noted between periodontal disease and:

- Cardiovascular disease
- Preterm birth
- Low birth weight
- Preeclampsia



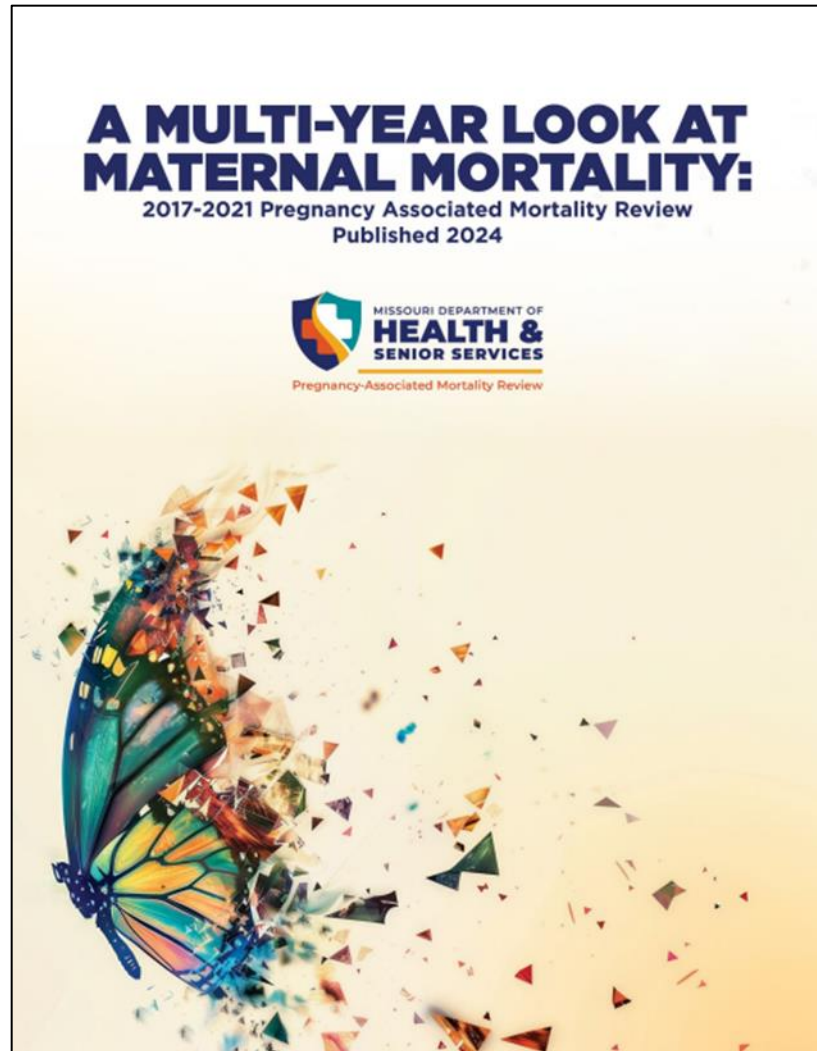
The Evidence

Studies show decreased early childhood caries incidence and *Streptococcus mutans* carriage in children whose mothers received prenatal oral health care. Specific interventions tested:

- Fluoride supplements
- Oral examinations/cleanings
- Oral health education
- Dental treatment referrals
- Xylitol gum chewing



Missouri Data and Call to Action



2024 Missouri PAMR report (2017-2021) found cardiovascular disease to be the leading underlying cause of pregnancy-related deaths.

47% of those who died of pregnancy-related causes used tobacco currently or in the past.

54% of those who died of pregnancy-associated causes used tobacco currently or in the past.

Disparate outcomes were noted for Black birthing people and those with Medicaid Insurance

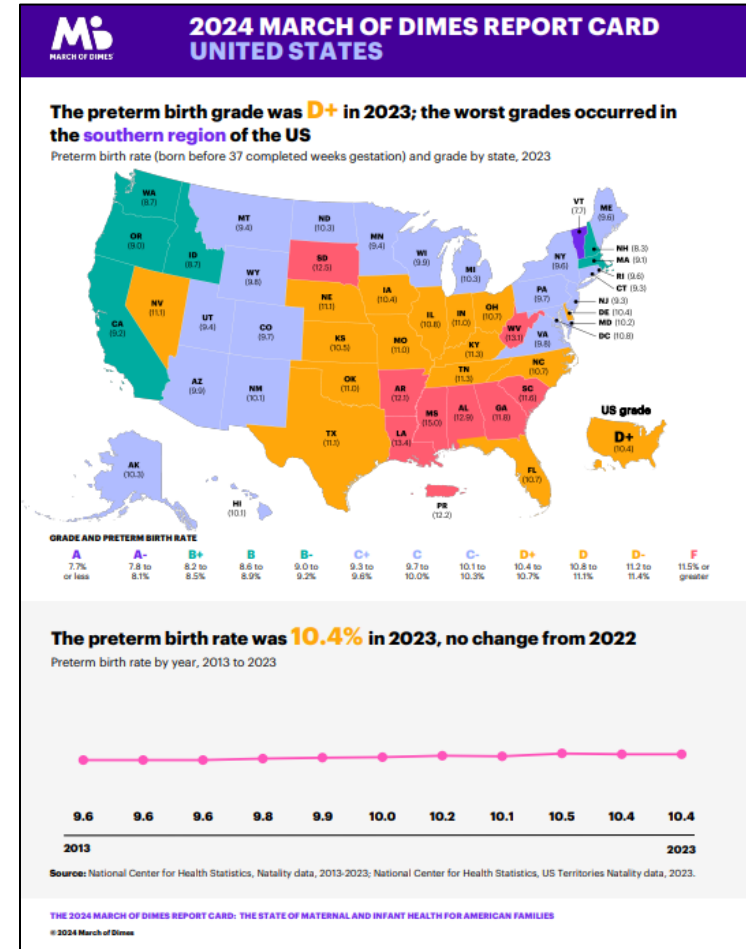
77% of pregnancy-related deaths were determined to be preventable.

Missouri Data and Call to Action

2024 March of Dimes report

Preterm birth rate for U.S. was 10.4%

Preterm birth rate for Missouri was 11%



Barriers and Challenges in Missouri



Lack of dental providers especially in rural areas



Lack of dental providers who accept Medicaid insurance



Lack of awareness of dental procedure safety during pregnancy



Lack of time to address oral health practices and connect patients to dental services

Call to Action

Complete Oral Health Assessment



Provide education and encourage oral health practices and dental services



Connect pregnant people to dental services

Medicaid does cover dental appointments during pregnancy



Resources

Department of Health and Senior Services Pregnancy and Dental Health

[Low-Cost Dental Resource Guide](#)

[Locate Low-Cost Dental Services](#)

[Healthy Teeth – Health Pregnancy](#)



Resources

Baby & Me Tobacco Free Program

- Refer pregnant people [here](#)
- Pregnant people can self refer
- Pregnant people can earn up to \$350 in rewards like diapers and wipes

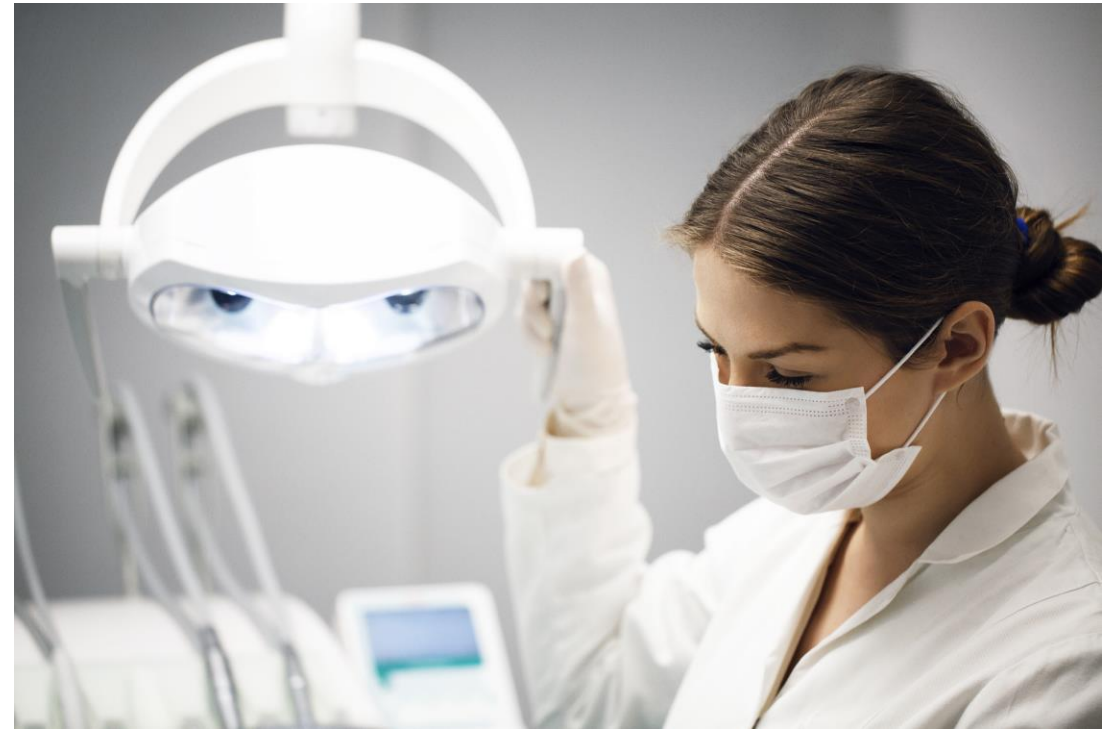


Provider Specific Resources

[Rural Oral Health Toolkit](#)

[Optimizing Radiation Safety in Dentistry](#)

[Patient Gonadal and Fetal Shielding in Diagnostic Imaging FAQ](#)



Questions?