

## Gingivitis can lead to complications in pregnant women: Study by University of Sydney

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**Women who received treatment for pregnancy gingivitis had a statistically significant reduced risk for preterm birth**



A recent report published by the University of Sydney highlights the impact Gingivitis can have on pregnant women. The report mentions that oral infection can have systemic effects on the body. Gingivitis releases inflammatory markers and bacteria into the systemic bloodstream, which may reach the placenta. This can result in various complications and can even lead to preterm delivery.

The report also highlights that women who received treatment for pregnancy gingivitis had a statistically significant reduced risk for preterm birth and they also saw statistically significant higher birth weight.

Most dentists advise pregnant women to use extra-soft toothbrushes and alcohol-free or salt rinses. It is also recommended that expecting mothers should go for teeth cleaning during their second trimester. Pregnant women need to be more vigilant about their overall health and oral health is an important part of it. In case of any discomfort or discomfort, they should not shy away from visiting a dentist and follow their advice.

Dr Mohender Narula, Founder and Chairman, MyDentalPlan Healthcare says, "During pregnancy, oral hygiene is an important factor, however many women find it difficult to maintain good oral health. Almost 70% of women in India suffer from gum problems during pregnancy. Out of all the oral problems, pregnancy gingivitis can cause numerous systemic disorders such as gestational diabetes, heart, kidney diseases. Maintaining good oral hygiene at all times can help prevent pregnancy gingivitis. Another aspect to keep in mind is that timely intervention is the key to treating this and ensures smooth pregnancy".