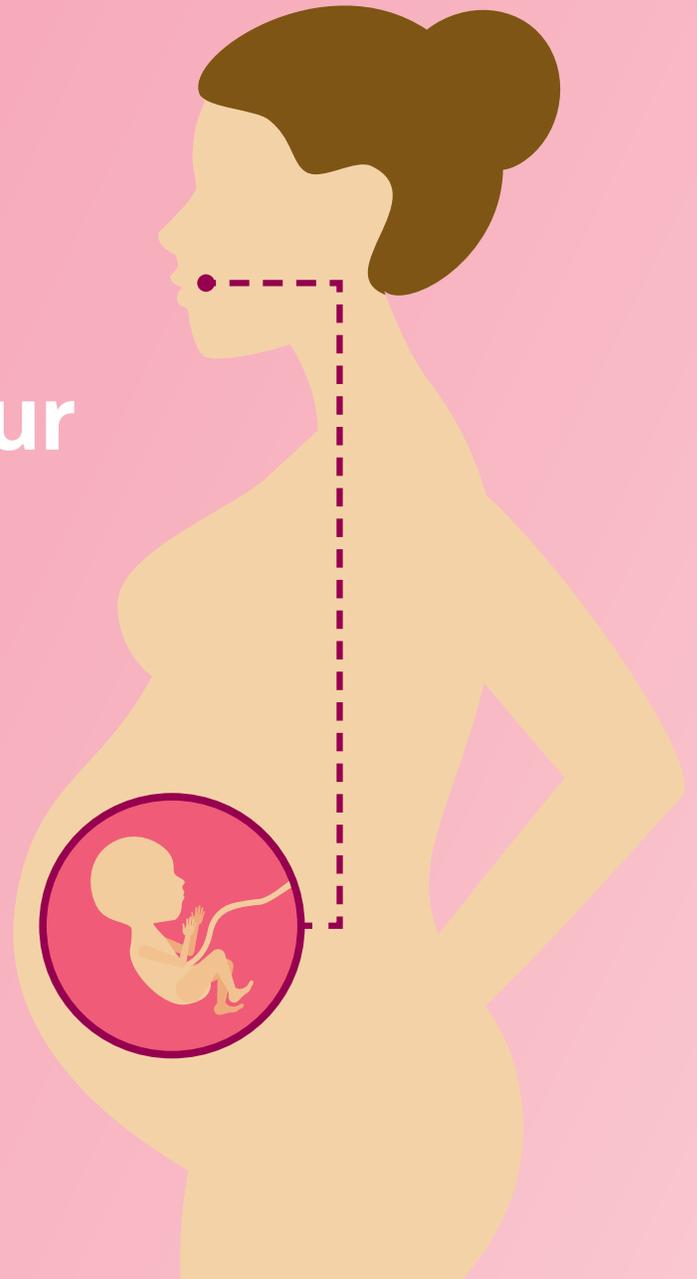


PHILIPS

Oral and overall health

Can poor oral health **affect your pregnancy?**



The mouth is the **gateway to the body**

Studies have connected poor oral health during pregnancy to increased risk of gum disease. Left untreated, it may impact the growth of a fetus, and even lead to premature birth or miscarriage.¹ Pregnant women often experience more severe cases of gum disease, potentially increasing the risk of pregnancy complications.² While current research has not established causation, the correlations are notable.

Small steps with a big impact

An effective daily oral care routine can keep your mouth healthy and may contribute to better overall health.



Brush

The right tool and technique make all the difference – speak with your dental professional about how to improve your brushing



Interdental cleaning

The spaces in between your teeth are home to harmful bacteria, so clean them thoroughly for healthy gums



Rinse

Use a therapeutic mouthwash to help reduce plaque and gingivitis



Check-ups

Even with the best at-home care, you should visit your dental professional twice a year



The early signs of gum disease

Detect gum disease early by monitoring your oral health. Here's what you should look for:

- **Bleeding gums** when you floss or brush
- Red, swollen and **tender gums**
- Persistent **bad breath** or bad taste

Have you experienced any of these symptoms? **Consult your dental professional.**

Your oral health is important.

That's why Philips Sonicare provides the powerful tools you need to optimize your daily regimen.

It's about more than your smile

Many serious illnesses may be associated with your oral health.

Diabetes

Heart disease

Pre-term birth

Stroke



Learn more about Philips Sonicare products at [philips.com](https://www.philips.com)

