



[laoha.org.br/eng](http://laoha.org.br/eng)  
[cohiweb.org](http://cohiweb.org)

LAOHA and COHI thank  
Colgate-Palmolive for the support



Technical support: Dr Bernal Stewart, Dr Gina Murillo, Dr Maria Alejandra Vargas

# Warning signs



Swollen or sore gums



Gingival bleeding



Pain when chewing



Bad breath

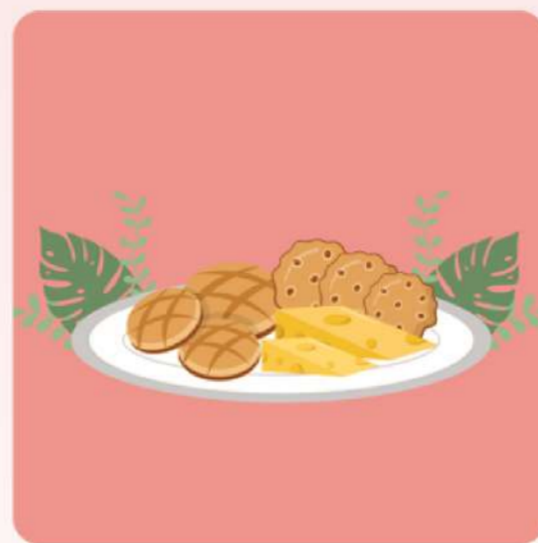


Sensitive teeth

# Healthy habits



Clean your teeth at least twice a day



Have a healthy diet



Practice exercises



Don't smoke

# Periodontal diseases during pregnancy are risk factors and can lead to complications.



Premature birth

Restricted fetal growth

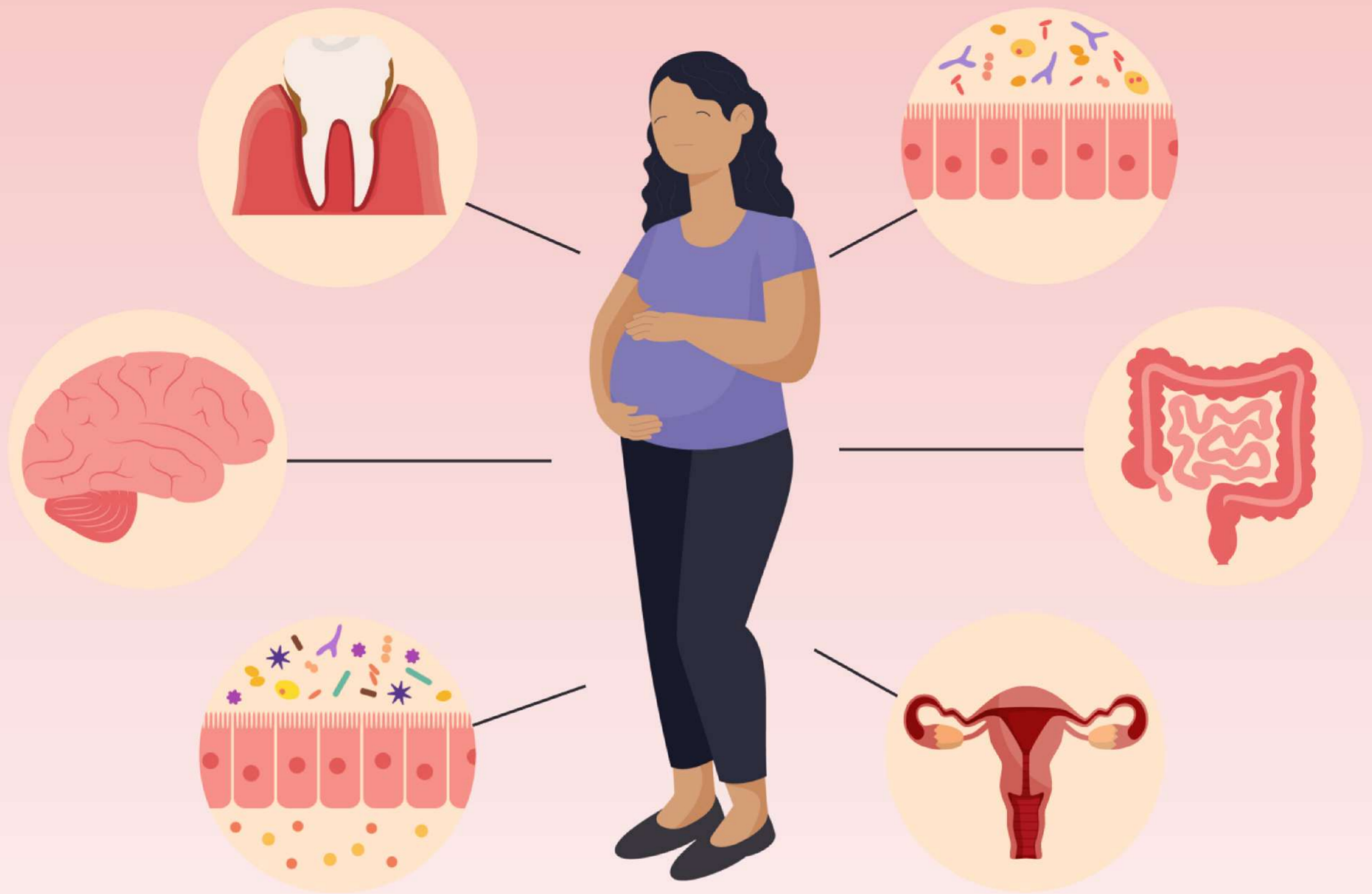
Low birth weight

Preeclampsia

Gestational diabetes

**Now you know.  
Take care of your gums:  
Healthy mouth,  
healthy body.**





**During pregnancy, a woman undergoes several hormonal changes. These changes increase your risk of oral health issues, including gum disease and more.**

**Did you know that pregnancy  
can bring changes  
to your oral health?**





**Oral care  
during pregnancy**