



Expecting



Sleeping



Feeding



Travelling



Washing



Changing



Clothing



Playing



Safety



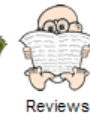
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FortuneBaby.com

Private pregnancy scans

3d and 4d scan service in Kent by Consultant in Fetal Medicine
fetal-medicine.co.uk

Corsody!

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www.gumsmart.co.uk

Pregnancy From A to Z

Your Complete Guide to Everything You Will Need For Your Pregnancy
www.FitPregnancy.com

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www.pregnancybirthandbeyond.co.uk

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DivineCaroline.com

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obstetric consultant led, direct pregnancy care, nuchal screening
www.reassur3d.com

Gabby Logan Urges Mums-to-be to 'Protect in Pregnancy'

A fantastic opportunity for expectant mums to find out about dental protection, prevention and action to ensure healthy teeth and gums before baby arrives.

Found in: [New press releases](#) > [Gabby Logan Urges Mums-to-be to 'Protect in Pregnancy'](#)

To discuss **Gabby Logan Urges Mums-to-be to 'Protect in Pregnancy'**, visit our new [forums](#). You can also post a [comment](#) on this subject.



Whilst many women are highly conscious of their fitness and diet when pregnant, research has shown that nearly half (49%) of mums-to-be are not realising the significance of their dental health during pregnancy. With 38% of women suffering with bleeding gums, and 1 in 3 not knowing why, there is an obvious need for expectant mums to be educated about their oral health.

According to a survey by dental care experts Oral B, currently hosted on the National Childbirth Trust website, 61% of women think that brushing their teeth is one of the *least* important factors when it comes to health and wellbeing during pregnancy!

However, regular brushing is even *more* important for expecting mums due to diet and hormonal changes that can affect the gums and lead to 'pregnancy gingivitis' - causing the gums to become inflamed and bleed, especially when flossing and brushing.

Problems with pregnancy gingivitis usually begin in the second or third months of pregnancy, increasing in severity through to the eight month, easing off in the ninth. If left unchecked, and the bacteria in plaque builds up, more serious periodontal disease can develop, damaging the gums and bone surrounding and supporting teeth.



Gabby Logan is hosting "Protect in Pregnancy" - a webcast looking at dental protection during pregnancy. The "Protect in Pregnancy" Expert Panel includes top UK Dentist, Dr Surinder Hundle; former Nutrition Editor of Good Housekeeping Magazine, and author of the GI Plus Diet Fiona Hunter; and Jo Sweeney from the National Childbirth Trust.

Check out the webcast online at:

www.uniqueinteractive.co.uk/chat

"PROTECT IN PREGNANCY" - EXPERT BIOGRAPHIES:



Dr Surinder Hundle

Oral-B's official dentist and one of the country's top dentists Dr Surinder Hundle is the founder of the Lund Osler Dental Health Care surgery in Knightsbridge, which was the first to modernise dentistry and promote dental aesthetics.

Today, his practice has gained the reputation as the 'Saville Row' of dentistry where A-list celebrities, personalities from the world of film and music and affluent professionals receive expert dental care. Not only does Dr Hundle operate a very successful practice, but he also incorporates beauty, wellbeing and massage therapy within his dentistry via The FACE clinic. Dr Hundle also has two further mouth spas in Harrods and Harvey Nichols Manchester, combining beauty regimes with oral care.



Gabby Logan

Gabby is the proud mother of two-year-old twins, Reuben & Lois and is married to Kenny Logan, Scottish Rugby Internationalist. Daughter of ex-Wales manager Terry Yorath, Gabby has a number of personal sporting achievements and accolades herself. Nevertheless, since the 90s her career has taken a slightly different path leading her into broadcasting and journalism.

Having won 'Best Sports Presenter' three times (2000, 2002, 2004) at the TRICC Awards, Gabby made her initial TV appearance presenting ITV Sport's On The Ball and is currently a BBC broadcast presenter. Playing tennis and running half marathons are two of Gabby's favorite hobbies; with her other interests including travelling, yoga and alternative health issues.

Fiona Hunter

Fiona Hunter has over 20 years experience in nutrition. Her areas of special interest include food allergy, food labelling, children's nutrition, functional foods, obesity, women's health issues and practical application of the science of nutrition. She began her career as a dietician working for the NHS, after leaving the health service she spent 10 years as nutrition editor at Good Housekeeping Magazine.

magazine.

Now freelance, Fiona writes for a number of national newspapers and lifestyle magazines and appears regularly on TV and radio. She has authored and co-authored several books, her latest book 'The GI Plus Diet' was published in November 2006. In 2003 Fiona won the Re-energise 'Health Professional of the Year' - Nutrition Award.



Jo Sweeney

Jo Sweeney is an Advanced Antenatal Teacher and former Breastfeeding Counsellor with the National Childbirth Trust (NCT). She became involved with the NCT when she had her first child almost eleven years ago.

The support Jo received at that time prompted her to train as an antenatal teacher and she has been teaching classes since 1998 to the benefit of over 600 Ealing couples. Jo has also worked as a doula and baby massage instructor.
