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## Gabby Logan Urges Expectant Mums to "Protect in Pregnancy"

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 during pregnancy, 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 eighth 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 from Saturday June 16th](#)

### Newsletter



[Bouncy Castles](#)

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