


# Understanding Your Oral Health



You're pregnant...eating right and staying away from smoking and alcohol, but did you forget a visit to the dentist?

- > Studies show that periodontal (gum) disease during pregnancy may be a factor in premature births.<sup>1</sup>
- > Periodontal disease is associated with an increased risk of delivering pre-term low birth weight babies.<sup>2</sup>

**Don't wait! Schedule a dentist visit today.**  
Your MetLife dental benefits plan covers treatments to help protect you and your baby.

**MetLife**



**For more information and tools, visit  
MetLife's Oral Health Library accessible from:**

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Like most group benefit programs, MetLife group benefit programs contain certain exclusions, exceptions, limitations, waiting periods, reductions and terms for keeping them in force. Ask your MetLife group representative for more details.

<sup>1</sup> Barros SP, Bobetsis Y, Offenbacher S. Exploring the relationship between periodontal disease and pregnancy complications. J Am Dent Assoc. 2006;137:7S-13. [http://jada.ada.org/cgi/content/full/137/suppl\\_2/7S](http://jada.ada.org/cgi/content/full/137/suppl_2/7S). Accessed October 27, 2009.

<sup>2</sup> Periodontal (Gum) Disease: Causes, Symptoms and Treatments. National Institute of Dental and Craniofacial Research <http://www.nidcr.nih.gov/OralHealth/Topics/GumDiseases/PeriodontalGumDisease.htm>. Accessed 12/16/10.