

Marianna Frances Digioia Alleges Pregnant Women Neglect Oral Health

Written by Australian Business

NEW YORK, NY, September 12, 2013 **/24-7PressRelease/** -- As a dental professional, [Marianna Frances Digioia](#) often cares for women and their oral health during their pregnancies. She finds that many women are unaware of the extra care they should take to protect their teeth during this time of great transition.

An article published by the Monroe News Star, in Louisiana, offered information for expectant mothers as it relates to oral hygiene. The article asserts that proper oral care should fall near the top of a pregnant woman's health priority list.

The article reads, "Hormonal changes can lead to increased risk of gum disease (gingivitis) throughout pregnancy. Some women may develop 'pregnancy tumors,' painless bumps on their gums, most often during their second trimester. In addition to flossing once daily and brushing twice daily, work closely with your dentist throughout pregnancy to flag issues before they become problematic."

Marianna Frances Digioia agrees and said she has seen too many women delay going to the dentist only to face serious dental and other health problems later. People are sometimes afraid of the dentist and those fears are usually heightened for women during their pregnancies when they are concerned with all medications and exposures to radiation.

"I'm constantly telling women that dental x-rays, anesthesia and medications are safe during their pregnancies," Digioia said. "It is so important that women make dental visits a part of their wellness checks during pregnancy to avoid costly and painful complications down the road."

Women who suffer from morning sickness need to constantly clean and rinse their mouths to avoid acid erosion of their teeth. Bland toothpastes are also helpful.

There are other simple steps that women can take to ensure good oral health for the duration of their pregnancy and beyond. One easy thing women can do is schedule a visit with their dentists and have a professional cleaning and examination of the mouth. Everyone, especially pregnant women, should drink plenty of water to keep hydrated. Pregnant women should make sure that the water they drink contains fluoride to prevent tooth decay.

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Mothers can also help their babies develop good teeth even before they are born. Eating a good, calcium-rich diet helps an infant's teeth develop. This development happens about three months into a woman's pregnancy. Women sometimes crave sugary snacks, but it is best to avoid these foods because they contribute to tooth decay. Dentists also advise that women avoid sodas and other beverages with acids and sugars. Milk and water are the best choices during pregnancy.

As always, women should prioritize proper brushing, flossing and rinsing techniques. Marianna Frances Digioia encourages women to speak to dental health professionals when they discover they are pregnant and after they deliver the baby to ensure good health.

ABOUT:

[Marianna Frances Digioia](#) operates a dental practice in New York City. She is an experienced dental professional and an authoritative voice on oral hygiene issues. Since 1992, she has offered a wide array of cosmetic, restorative and preventative dental services to her clients. She regularly offers tips for how her clients, and their families, can keep their teeth and gums healthy in addition to looking and feeling good.