



Virginia Garcia Memorial
WOMEN'S CLINIC

DID YOU KNOW?

By keeping your own mouth healthy you reduce the number of cavity-causing germs that are passed to your baby

Receive Pre-Natal Dental Care at **NO COST** to You

(ask us how today)

Your baby's teeth are developing long before you see that first smile.



Children of moms with tooth decay are much more likely to develop tooth decay themselves. That is why it is so important for every mom to have a healthy mouth.

- ★ Brush your teeth twice/day with fluoride toothpaste and floss daily
- ★ Continue to see a dental provider even when you are pregnant
- ★ Eat a healthy diet, rich in calcium



OREGON
ORAL HEALTH
COALITION

For more information or to schedule a dental appointment at your next checkup, please contact the Virginia Garcia Women's Clinic today

VirginiaGarcia.org/WomensClinic

