

**Dentists'
Provident**

Protecting your lifestyle. Securing your future.



For expectant mothers

Plan for the future. Live for today.

You advise your patients on a regular basis how to look after their oral health and even more so when they are pregnant. And we're sure you have seen the hundreds of magazines, websites and leaflets to give you advice during your pregnancy, but we thought we would put together this simple leaflet with a few reminders of the important areas for your general and oral health... plus some interesting facts. Good luck and enjoy!

In 2013 almost a dozen women claimed due to complications with pregnancy*

*Dentists' Provident 2013 claim statistics

Oral health

- During pregnancy, **75% of women suffer with gingivitis**, which can obviously cause inflammation of the gums, lead to a loss of bone and eventually tooth loss. **Expectant mothers with chronic gum disease are four to seven times more likely to give birth prematurely than mothers with healthy gums**
- If you suffer with morning sickness, remember to rinse your mouth afterwards with plain water to prevent the acid erosion of your enamel
- The DH recommends that **amalgam fillings should not be removed during pregnancy** and if you need a dental x-ray, it may be worth waiting until you have had your baby
- **Heightened oestrogen levels can make your mouth taste of metal (Dysgeusia)**. To help get rid of the metallic taste, eat or drink citrus fruit and juice – just be careful not to increase your intake of acid too much, as this can obviously have an adverse effect on your enamel

General health

- If your pregnancy is not high-risk, you can probably work up until your due date; but make sure that your chair allows you to sit comfortably in relation to your patient, while supporting you correctly. **Between patients, try to prop your feet up to aid circulation and minimise swelling**
- **Keeping active and fit during your pregnancy** may help you to cope with labour and get back into shape after the birth. **Your back is under more strain as a dentist**, so daily physical activity or exercise like sport, yoga, pilates, or even walking is even more important
- **Phenoxymethylpenicillin** passes into breast milk, so it should be used with caution if you are planning to breastfeed, as even small amounts can cause an allergic reaction in a susceptible baby

Body facts

- Your feet can go up by a shoe size due to the hormone relaxin
- Your sense of smell and taste heightens
- Your uterus can expand up to 500 times its normal size
- Your heart grows twice its normal size and you may glow because the amount of blood in your body increases by 50%
- Your joints can soften and your hair can get thicker

Did you know?

- A woman is more likely to have twins if she is over 35 and tall
- Your baby gets the nutrition from the food you eat before you do
- In the last three months of your pregnancy you only need 200 extra calories a day
- Only about 5% of babies are born on their due dates

Sources: www.babyexpert.com www.nhschoices.co.uk www.netdoctor.co.uk www.whattoexpect.com

Why Dentists' Provident?

We are the market leading provider of income protection insurance to dentists, and have supported dentists in the UK and Ireland for over a hundred years. As we are specialists, you benefit from our in-depth experience of developing the most appropriate income protection solution at every stage of your personal and professional life.

Our plans can be customised, giving you the choice of how to protect yourself against the financial consequences of illness or

injury; helping you look after the important things in life. You also benefit from our innovative and ethical approach to claims, and personal customer service.

We are a mutual organisation, so with no shareholders we exist solely for the benefit of our 13,500 members. On top of our protection insurance, members also have the opportunity to share in any surpluses we make, with a cash lump sum available on retirement.

Don't forget that...

- You can resume your income protection cover without having to reapply (within your suspension terms)
- Complications of pregnancy and childbirth are covered under your Dentists' Provident plan

Please check the Dentists' Provident rules and your plan for details of any inclusions and exclusions.

Dentists' Provident

If you would like more information, or a personalised quote, please contact
Craig or Sarah in our member services team:

Telephone: +44 (0) 20 7400 5710 Fax: +44 (0) 20 7400 5701

E-mail: memberservices@dentistsprovident.co.uk www.dentistsprovident.co.uk

91-94 Saffron Hill, London, England, EC1N 8QP

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