

**Oakland County Health Division
Department of Health & Human Services**

Pontiac

1200 N. Telegraph
Pontiac, MI 48341-0432
(248) 858-1280

Southfield

27725 Greenfield Rd.
Southfield, MI 48076-3625
(248) 424-7000

Walled Lake

1010 E. West Maple Rd.
Walled Lake, MI 48390-3571
(248) 926-3300

Oakland Pointe (limited services)

250 Elizabeth Lake Rd.
Pontiac, MI 48341-1050



Department of Health & Human Services

oakgov.com/health

The Oakland County Health Division will not deny participation in its programs based on race, sex, national origin, age or disability. State and Federal eligibility requirements apply for certain programs.

Oral Health for Pregnant Women



A Healthy Smile For a Lifetime!

For Healthy Teeth and Gums, Remember to:

Keep Your Teeth and Gums Clean

- Brush your teeth twice each day to remove food and plaque.
- Use dental floss once a day to clean between teeth and gums.
- Brushing and flossing will help prevent bleeding, cavities, and tooth loss.

Eat Healthy Foods

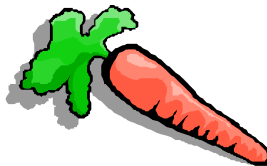
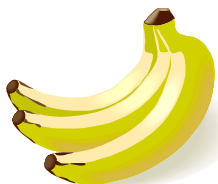
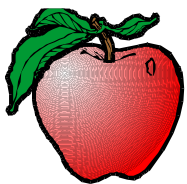
- Eat healthy foods to help your teeth stay strong. Dental problems can cause babies to be born prematurely.
- “Junk foods”, like pop and candy, with a lot of sugar may cause cavities.
- Eat healthy foods like fruits, vegetables, and whole-grains.

Use Fluorides

- Use toothpaste with fluoride to keep your teeth strong.
- Fluoride helps lower your chances of tooth decay or cavities.

Visit a Dental Office or Clinic

- Have your teeth and gums cleaned and checked by a dentist twice a year.
- Tell the dental office that you are pregnant.
- Ask the dentist for brushing and flossing tips to keep your teeth clean and healthy.



For more information on having a healthy baby,
contact the Oakland County Health Division
Nurse-On-Call at 1-800-848-5533.