GEGISHKAAGEJIG

gaye

WIIBIDE-GANAWENDAMOWIN

Niibiwa gegishkaagejig moozhag o'odishaawaan mashkikiwininiwan ji-ganawenjigaazowaad, gaye dash moozhag wanendamowaad ge gichi-inendaagwag daa-ganawendamowaad owiibidiwaan.

Anooj aanjisewan odooning apiichi gigishkaageng. Moozhag gegoo aanjise zezikaa miskwi-mashkawiziiwining dash wenji-aanjiseg.

GIGISHKAAGEWIN ONJI-BAAGASHKANIGEM

Baagashkanigem apii awiiya bwaa-biinaabideng dash miskwishkanigeng gaye ani-banaashkanigeng.

OSHKANIGANI-INAAPINEWIN

Oshkanigani-inaapinewin izhiwebad apii miniiwanoon oshkaniganan, okanan, gaye gakina zagibijigaadeg. Biinji-owiiyawing ozhichigaadewan prostaglandins ezhinikaadeg ji-ganawenjigaadeg. Prostaglandins dash daa-mashkawichigaade biinji-owiiyawing wii-zhaagooji'igaadeg inaapinewin, dash daa-ondaadiziiked wayiiba gaye anooj maji-ezhiwebizid. Gikendaagwad ge oshkanigani-inaapinewinan daa-aanjibideg Apikweshimoning ge gigishkaageng.

GIGISHKAAGE-BAAGISHIWINAN

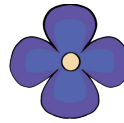
Onowe miskwaabaagishiwinan oshkaniganing moozhag onzikaag apii bwaa-biinichigaadeg oshkaniganing. Manijooshiwaapinewin gaawiin aawasinoon gaye moozhag noojimo'iwemagag ishkwaa gigishkaagewin izhiseg. Aangodinong daa-odaapinigaadeg maajizhiganiwiwining.

OWIIBIDOON DAA-ANI-BIGISHKANADOON

Apii gigishkaageng, awiiya moozhag majiwanjigem gaye apii zhiishigagoweng, wiisagaaboo daa-wenji-banaajichigaadeg owiibidoon.

EZHI-GANAWENDAAGWAD ODOON

- Gagwegiziiyaabide'odizon ge bwaa-aabajitooyan giziiyaabidebimide gemaa bangii dash eta.
- Biinidoonen ge aabajitooyan nibi gemaa giziiyaabidewaaboo ishkwaa zhiishigagoweyan iidog.
- Gego giziiyaabide'odizoken ishkwaa zhiishigagoweyan apii giwiibidoon aapiji nookaag; giziibiiginan.
- Baabii'on ako ingo-diba'igaan ji-



giziiyaabide'odizoyan ishkwaa zhiishigagoweyan ge aabajitooyan giziiyaabidejigan naakaag.

- Miijin gegoon bwaa-ayaag ziinzibaakwad gemaa wiisagaaboo. Gagwemiijin minwanjigewin dibishkoo gichidoodooshaaboo.
- Apane minikwaadan biinaagaming.
- Zhaashaagwandan Xylitol bigiw, dash aabajichigaadeg ji-biinichigaadeg odooning.
- Aabajitoon giziiyaabidewaaboo bwaa-ayaag ishkodewaaboo dibishkoo chlorhexidine ji-biinichigaadeg odooning.
- Giziigwaneyaabaawazon ge aabajitooyan bezhig emikwaani-diba'igaanens ombizigan Ishwaaswi diba'igaming nibi ishkwaa zhiishigagoweyan.

GIDABINOOJII IZHI-ZAAGAABIDE

Ge ako-niizhing niiso-giizo-diba'igaaning, maajiizaagaabide ge ombigid gidabinoojii. Iw apii, inendaagwad aapiji minwanjigeyan gaye miijiyan wiisiniwinan ezhi-ayaag ondaajiiwanan A, C, D, Protein, Calcium, gaye Phosphorus. Ge giwiisin geget osidaagishkawad gidabinoojii owiibidoon apii ingodwaaswi daso-anama'e-giizhikwagak.

GAAWIIN INA NIWIIBIDE-MAAJIZHIGANIWISII GIISHPIN GIGISHKAAGEYAAN?

- Apane gidaa-wiindamawaa giwiibide-mashkikiwinini ge gigishkaageyan.
- Onizhishin wii-ganawendaagwag giwiibid memindage giziiyaabide'oyan gaye naagadawaabanjigaadeg apii gigishkaageyan dash ayaangwaami-izhichigaadeg.
- Gidaa-gaganoozhaa giwiibide-mashkikiwinini giishpin booch daa-wiibide-maajizhiganiwiyan memindage nibewaaboo gemaa mashkikin aabajichigaadeg apii ako-niizhing niiso-giizo-diba'igaan izhiseg.
- Moozhag gaawiin gidaa-zhiibaayaabanjigaazosii biinish ondaadiziikeyan.
- Giishpin booch daa-zhiibaayaabanjigaazoyan, gidaa-aabajitoon ashkikomaani-baakaakwa'an gaye okwegani-naabikaagan.
- Gegoo aanwenimaaken giwiibide-mashkikiwinini apii gigishkaageyan. Noongom dash aapiji inendaagwad ji-mino-ayaayan.

EXPECTANT MOTHERS & DENTAL HYGIENE

Many expectant mothers find themselves making several visits to the doctor for care, and they often forget about the importance of dental care.

Many changes can occur orally during pregnancy. The leading cause of these changes is usually a sudden change in hormones.

PREGNANCY GINGIVITIS

Gingivitis occurs when bacteria in plaque if left on the teeth and around the gumline, cause an inflammatory response that leads to swollen, bleeding gums.

PERIODONTAL DISEASE

Periodontal disease, known as gum disease, is an infection of the gums, bone, and surrounding connective tissues. The body reacts to this infection by producing prostaglandins. Increased prostaglandins can stimulate the body, inducing labor and other adverse pregnancy outcomes. Studies have shown that periodontal pathogens may reach the placenta during pregnancy.

PREGNANCY TUMORS

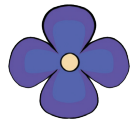
These red, raspberry-looking growths along the gum line are usually related to excess bacterial plaque. They are benign (non-cancerous) and will usually resolve themselves after pregnancy. In some cases, they may require surgical removal.

INCREASED RISK OF TOOTH DECAY

During pregnancy, frequent snacking on carbohydrates and increased acid attacks on the teeth from vomiting can lead to the breakdown of the enamel.

TIPS FOR A HEALTHY MOUTH

- Try brushing without toothpaste or just a smear on your toothbrush.
- Rinse your mouth with water or a fluoride rinse after bouts of vomiting.
- Avoid brushing right after vomiting when the enamel is weakest; rinse with water.



- Wait at least one hour to brush after vomiting using a soft toothbrush.
- Aim for snacks that are low in sugar and acidity. Try high-protein snacks like cheese.
- Always drink plenty of optimally fluoridated tap or bottled water.
- Chew Xylitol gum, which helps control the ratio of decay-causing bacteria and increases saliva flow.
- Choose alcohol-free mouth rinses like chlorhexidine to reduce the number of bacteria.
- Swish with 1 tsp. baking soda in 8oz. of water to help neutralize the pH after vomiting.

DEVELOPMENT OF YOUR BABY'S TEETH

During the second trimester, tiny tooth buds begin to form as your baby develops. During this time, it is essential to ensure that you have a diet high in healthy, nutrient-rich foods containing vitamins A, C, D, Protein, Calcium, and Phosphorus. What you eat impacts your baby's teeth as early as six weeks.

ARE THERE DENTAL PROCEDURES THAT SHOULD BE AVOIDED DURING PREGNANCY?

- Always be sure to inform your dentist you are pregnant.
- Routine dental care, like cleanings and exams, is safe during pregnancy.
- Most non-emergency procedures are safe during the second trimester. Your OB should be consulted when emergency treatment requires the use of anesthesia or when medications need to be prescribed.
- In most cases, routine x-rays can be avoided until after delivery.
- In a dental emergency, a single x-ray can be taken with a lead shield and thyroid collar.
- Don't skip your dental appointment during pregnancy. Now is the most important time for dental and overall health.