

## Pregnancy Connection



Spring/Summer 2014

### Taking care of your teeth

It's very important to keep your teeth and gums healthy, especially during pregnancy. When you're pregnant, you often have more acid in your mouth. This may be due to morning sickness, or because you are snacking more. If you don't brush often, this can lead to tooth decay.

Hormonal changes while you're pregnant also increases the amount of blood flowing through your body. This can add to the chances of having swollen or bleeding gums. If your gums become infected, the germs may affect your baby. This could mean your baby may be born too early or have a low birth weight.

Keep your teeth and gums healthy by:

- Brushing at least twice a day for at least 2 minutes
- Flossing once a day
- Gargling and rinsing your mouth once a day
- Using a new toothbrush after being sick
- Changing your toothbrush every 3 to 4 months
- Avoiding sugary snacks, drinks, and sticky treats

- Eating a healthy diet complete with fruits and vegetables

Once you are 21 years of age or older, your Mercy Care plan does not cover dental care. However, there are low-cost dental care clinics available. (See the list of clinics on page 2.) Also, you can call Member Services at **602-263-3000** to find one near you.

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# Taking care of your teeth

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## Low-cost dental clinics:

### Tips:

- If you do not have a toothbrush, then use a clean washcloth or your clean finger.
- Rinse with a fluoride mouthwash
- If you have morning sickness, the stomach acid from throwing up can soften your tooth enamel. Rinse your mouth with a solution of baking soda and water of brushing your teeth. Mix one teaspoon of baking soda in one cup water.

### **El Rio Community Health Dental Clinic**

1530 W Commerce Ct,  
Tucson, AZ 85746  
520-670-3758  
[http://www.elrio.org/dental\\_services.html](http://www.elrio.org/dental_services.html)

### **Chandler Family Health Center Dental Clinic (MIHS)**

811 S. Hamilton Street  
Chandler, Arizona 85225  
480-344-6109  
<http://chandlerfamilyhealthcenter.org/>

### **Glendale Family Health Center Dental Clinic (MIHS)**

5141 W. Lamar  
Glendale, AZ 85301  
602-344-6709  
<http://glendalefamilyhealthcenter.org/>

### **Adelante Healthcare Surprise Dental Clinic**

15351 W Bell Rd  
Surprise, AZ 85374  
623-544-5189  
[www.adelantehealthcare.com/locations](http://www.adelantehealthcare.com/locations)

### **South Central Family Health Dental Clinic (MIHS)**

33 W. Tamarisk St.,  
Phoenix 85041  
602-344-6400  
<http://southcentralfamilyhealthcenter.org/>



# Depression and pregnancy

## Depression

If you take medicine for depression, check with your health care provider first before stopping any medication. If you stop taking your medication, the depression may come back. Do not stop any prescribed medications without talking to your health care provider first.

Make sure to tell your health care provider if your depression continues. Your health care provider or your case manager can refer you to Mercy Maricopa Integrated Care for counseling and behavioral health services.

## Baby blues

Some mothers find they have feelings of sadness three to five days after the baby is born. You may experience this too. You may cry, feel irritable, or have trouble sleeping. This is known as the “baby blues.” Health care providers believe it is probably caused by the change in hormones after birth. These feelings usually go away about 10 days after your baby is born. If you don’t feel better, talk to your health care provider.

Finding time to get plenty of rest with a new baby is often difficult. Sleep when you can. You’ll feel so much better.

- Try sleeping when your baby sleeps
- Ask family members to help with the baby
- Ask family and friends to help with household chores

## Postpartum depression

Postpartum depression is different from the “baby blues.” It lasts longer. You have feelings of intense sadness. You may feel tired all the time, and you may lose interest in caring for yourself or your baby. You may eat poorly, lose or gain weight or have trouble sleeping. You may forget doctor’s appointments and not follow medical instructions. Some women may have feelings of hurting themselves or their baby.

If you have these feelings, you may have postpartum depression. It’s important that you get immediate help. Contact your health care provider or case manager for a referral to a provider who can help you right away. You can also call Mercy Care Plan.

## Stress management

Having a new baby is a happy and exciting time. However, caring for a baby, yourself, and the family can be stressful. It’s OK to ask for help in juggling daily activities. Talk to others with whom you receive support. Your health care provider also can help you find ways to make life easier.



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Mercy Care Plan Member  
Representatives are available to help  
you Monday through Friday, 7 a.m.  
to 6 p.m. Please call **602-263-3000**  
or toll-free **1-800-624-3879**.  
(TTY/TDD) **7-1-1**.

**[www.MercyCarePlan.com](http://www.MercyCarePlan.com)**

## Just for teens

Finding out you are pregnant can be very scary. You can feel really stressed out. Everything you have to deal with can increase your anxiety. Here are a few things you can do to reduce stress:

- Talk to a trusted adult.
- Build a circle of positive, uplifting friends to lean on.
- Avoid caffeine. (It is found in coffee, tea and colas.)
- Eat a healthy diet with plenty of fresh fruits and vegetables.
- Learn to take deep breaths.
- Yoga or daily exercise can help. (Ask your health care provider what exercise is OK for you.)
- Find a quiet place to relax and recharge.
- Take time out when you need it.
- Get at least eight hours of sleep each night.
- Make sure you go to all your prenatal appointments

These stress-reducing tips may help.

**Talk to your health care provider if you continue to feel stressed and anxious.**

