

INTRODUCTION

Good oral health is fundamental for overall well-being, and it becomes even more critical during pregnancy. Maternal oral health has been linked to various adverse pregnancy outcomes, such as preterm birth and low birth weight. Despite its significance, oral health during pregnancy often receives insufficient attention. This poster aims to explore the current trends in oral health among pregnant women and propose effective strategies to improve outcomes.

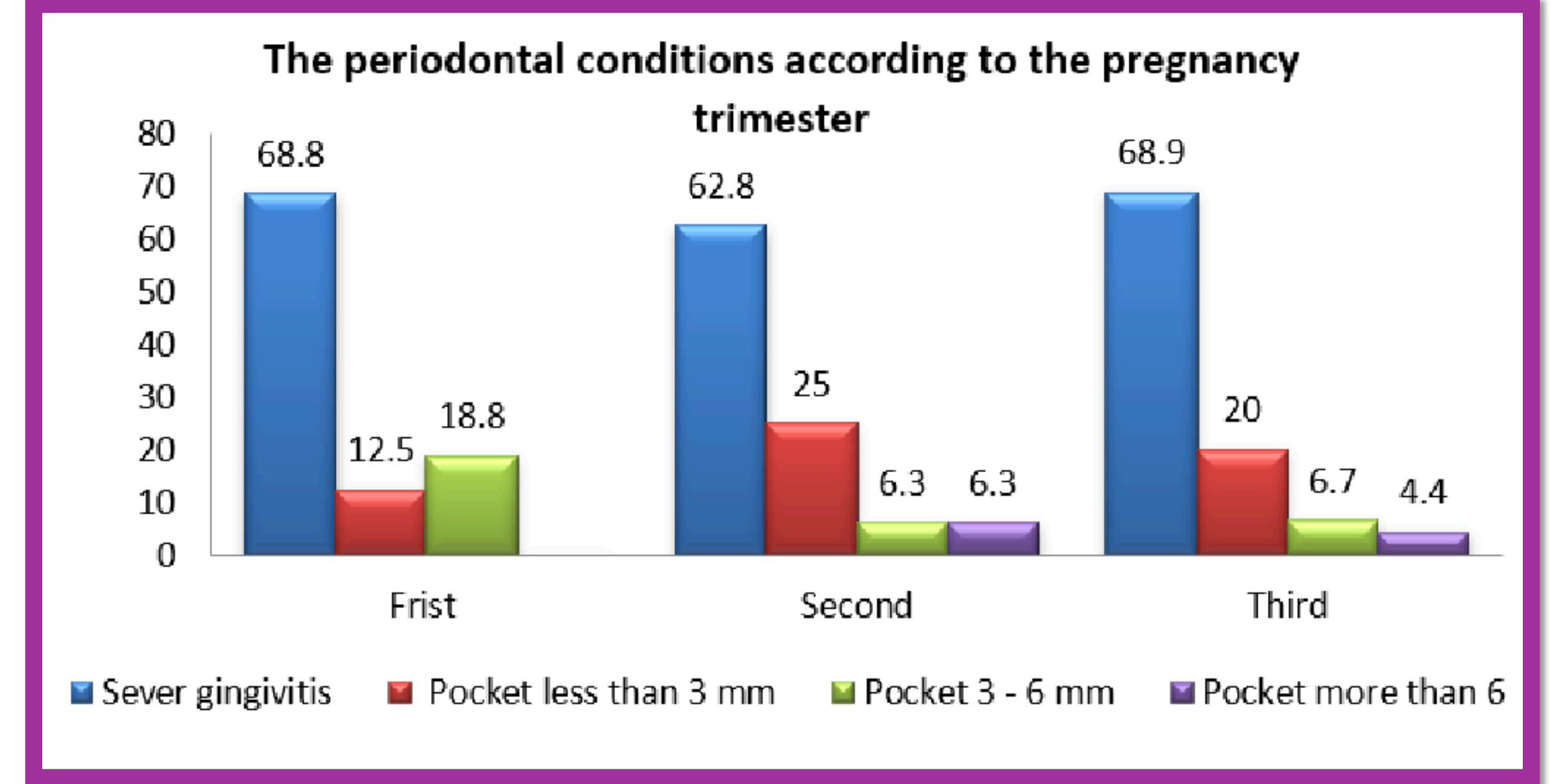


Table-1.2 The prevalence of periodontal conditions among pregnant group regarding their pregnant trimester.

EVIDENCE-BASED TRENDS

1. Trend: Increased Risk of Gingivitis and Periodontitis

Evidence: Nearly 60 to 75% of pregnant women have gingivitis, an early stage of periodontal disease that may be aggravated by changing hormones during pregnancy.

2. Trend: Barriers to Dental Care Utilization

Evidence: Financial constraints and lack of dental insurance are significant barriers that prevent pregnant women from seeking dental care. A study published in the Journal of Periodontology (2019) highlighted that cost was a major deterrent for dental visits among pregnant women.

3. Trend: Dental Caries Prevalence

Evidence: Pregnant women often experience changes in dietary habits, which can lead to a higher intake of sugary and acidic foods. This can contribute to dental caries especially if oral hygiene is not maintained.

EVIDENCE-BASED STRATEGIES TO OVERCOME OUTCOME

1. Strategy: Oral Health Education and Counseling

Evidence: A systematic review published in the Journal of Evidence-Based Dental Practice (2020) demonstrated that oral health education and counseling during prenatal care positively influenced pregnant women's oral hygiene practices.

2. Strategy: Integration of Oral Health into Prenatal Care

Evidence: A study published in the American Journal of Public Health (2018) revealed that integrating oral health screenings and discussions into routine prenatal visits significantly increased the likelihood of pregnant women seeking dental care.

3. Strategy: Preventive Interventions

Evidence: Research published in the Journal of the American Dental Association (2021) showed that preventive interventions, such as fluoride treatments and dental sealants, reduced the incidence of dental caries among pregnant women.

4. Strategy: Community-Based Initiatives

Evidence: Community-based initiatives, as demonstrated in a study in the Journal of Health Care for the Poor and Underserved (2019), have proven successful in improving access for vulnerable pregnant women. Mobile dental clinics and outreach programs can reach underserved populations, reducing barriers to dental care utilization.

STATISTICS

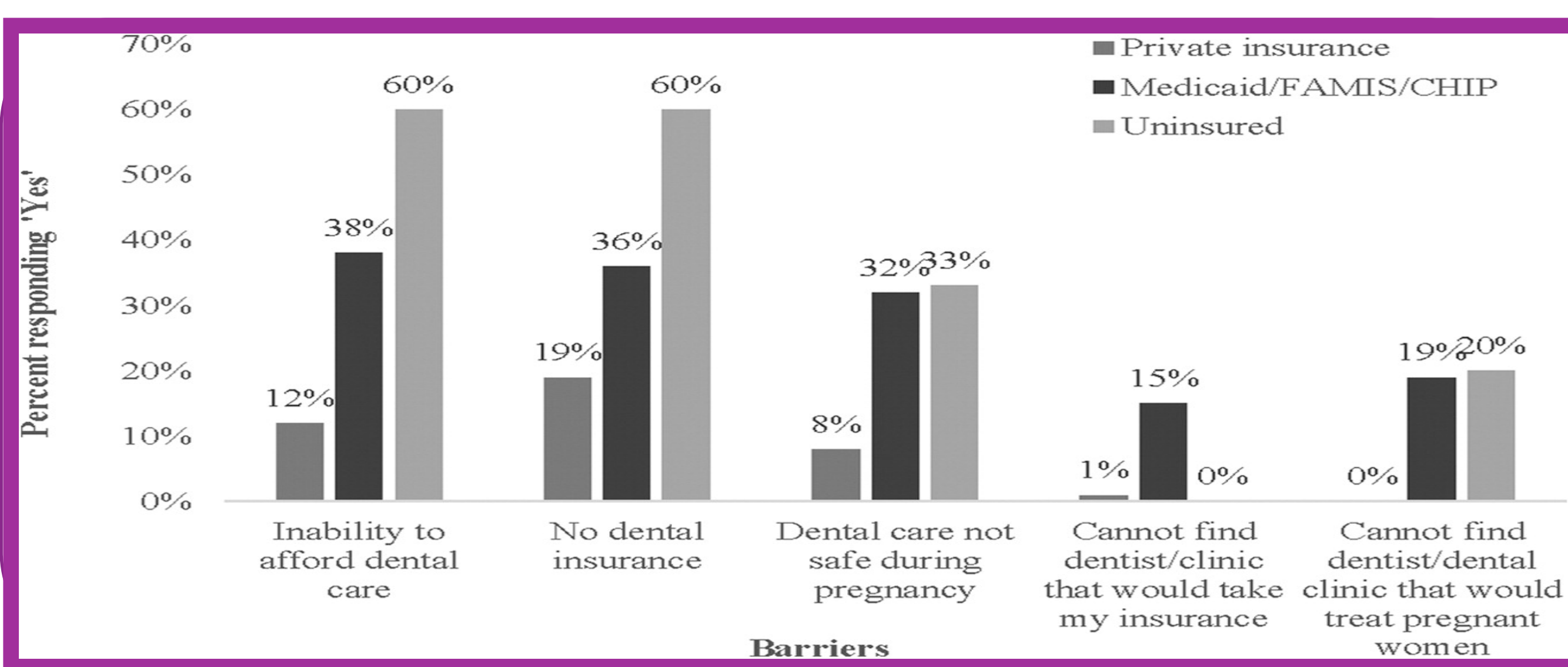


Table 1.1 Barriers to dental care access during pregnancy by health insurance type. $p < 0.0001$ for all barriers.

CONCLUSION

By recognizing the trends and challenges surrounding oral health among pregnant women, we can implement evidence-based strategies to improve outcomes. Empowering expectant mothers with knowledge, fostering collaboration among healthcare providers and providing preventive interventions are essential steps towards creating a healthier environment for both pregnant women and their infants, fostering a brighter future for generations to come.