

What to Know When You're Trying to Conceive

As soon as you start trying to conceive (TTC), you and your baby's health are the top priority. You are attempting to create a human inside of your body and since a woman's body is highly complex and many factors go into conception, you may wonder what could hamper it when it comes to dental care.

The Importance of Dental Care during TTC

Dental health can affect your chances of conceiving. This is why it's imperative to take care of your teeth as much as you do your body when you are trying to conceive. The European Society of Human Reproduction and Embryology in Stockholm, Sweden found that thousands of women with good dental health conceived two months earlier than those with gingivitis or periodontitis.

Dental Care at Home

When choosing toothpaste, you may want to look for non-fluoride. Adverse effects on reproduction have been found with high levels of fluoride, which is 100 ppm or greater.

Some examples of fluoride-free toothpaste are:

- Tom's of Maine Natural Toothpaste – Triclosan and Fluoride Free
- Jason Nutrismile
- Botanique Toothpaste Neem & Pomegranate

There's another chemical in toothpaste you should be aware of while TTC – triclosan. This chemical has been shown in studies to disrupt endocrine production, which can alter hormone levels and affect the reproductive system.

Mouthwash should be another fluoride-free choice. You can find many fluoride-free ones online and at the store.

Here are some safe chemical free mouthwashes:

- Sharp Natural Oral Care Mouthwash
- Listerine Antiseptic Mouthwash
- Tom's of Maine – Natural Cleansing Mouthwash Fluoride-Free Spearmint

Seeing the Dentist During TTC

Due to the effects of dental issues on infertility and an unborn fetus, it is crucial for you to continue seeing your dentist during TTC for routine cleanings and procedures. There are precautions you should take, though.

Cleanings

During cleanings, the dental hygienist will often check your teeth for oral issues such as gingivitis. This procedure is safe since there are no chemicals used.

The polish, which many people think is toothpaste, is called prophy paste, and represents low to no impact on fertility.

Fluoride treatments are what you should be vigilant about when visiting the dentist. Concentrated fluoride can decrease fertility in women, so it's best to skip this treatment.

Review Your Gum Health

Since good gum health is important when it comes to conceiving it's good to know the health status of your mouth.

Dental Procedures

If the effects of dental problems can be more harmful to fertility than getting the procedure, usually dentists will recommend moving forward with it..

Cavities can be a tricky decision to make because metal fillings are composed of a mixture of alloys and liquid mercury. Fifty percent of the mixture is elemental mercury.

For women, mercury alters hormone levels. It accumulates in the hypothalamus and pituitary, which is where the glands are for hormone production. This can cause a lot of problems with the menstrual cycle, hypomenorrhea, and hypermenorrhea.

Anesthesia may be also be a concern. While the biggest risk is for those who work with anesthesia, some of you may want to forego it if it is not necessary.

You should always tell your dentist you are TTC because it is inadvisable to have dental x-rays during it. While it is safe when they use the protective cover on your stomach and chest, some women feel better not having the x-ray at all, and most dentists will honor that request.

For more information on Dental Care & Pregnancy

<https://www.emergencydentistsusa.com/dental-care-pregnancy/>