

Health Centered Dentistry Releases Guide on Breastfeeding and Oral Health

ANCHORAGE, AK, UNITED STATES, January 15, 2025 /EINPresswire.com/ -- Health Centered Dentistry in Anchorage has released a new guide titled "Breastfeeding and Oral Health: Separating Fact from Fiction" to help mothers dispel common myths and understand the real impact of breastfeeding on both their oral health and their baby's oral development. This evidence-based guide offers essential information to support women in making informed decisions during this critical period.



Over the years, numerous misconceptions have emerged regarding breastfeeding and its effect on oral health. Health Centered Dentistry emphasizes that while breastfeeding provides several benefits, [proper oral hygiene practices remain essential for both mother and baby.](#)

Here are a few key takeaways for new mothers from the guide:

- Preventing infant tooth decay: Breastfeeding alone does not lead to tooth decay. However, wiping an infant's gums after feedings and brushing emerging teeth can help reduce the risk of cavities.
- Maintaining maternal oral health: Hormonal changes during pregnancy and breastfeeding can increase gum sensitivity. Regular dental checkups and good oral hygiene are essential for preventing gum issues.
- Safe dental care during breastfeeding: Routine dental cleanings and non-emergency procedures are safe during breastfeeding. Always inform your dentist if you are pregnant or nursing to receive appropriate care.
- Addressing oral thrush: While breastfeeding itself does not cause thrush, good hygiene practices such as hand washing and cleaning baby items can reduce the risk.

Health Centered Dentistry is committed to promoting oral health education and providing personalized care for families across Anchorage. Their dedicated team offers comprehensive

services tailored to the unique needs of every patient, ensuring comfort and well-being at every stage of life.

For more information about breastfeeding and oral health or to schedule an appointment, please [contact Health Centered Dentistry](#) today. Their experienced team is ready to provide exceptional care and guidance tailored to you and your family's needs.

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