

Healthy Start FAQ: Oral Health: Why It's Important and What Healthy Start Communities Can Do to Improve It



On April 7, 2015, Jolene Bertness, a health education specialist with the National Maternal and Child Oral Health Resource Center (OHRC) located at Georgetown University, presented a webinar on the importance of oral health in overall maternal wellbeing, and how oral health can be improved before, during, and after pregnancy.

In case you or a colleague missed the webinar, the recording is available [here](#).

During the webinar, attendees asked several great questions, all of which have been answered below.

What advice does Jolene most frequently give to pregnant women about oral health?

Jolene emphasized the need to encourage women to seek oral health care. Ideally, women should receive an oral exam during the pregnancy planning stages, but if obtaining an exam at that time isn't realistic then they should absolutely get one during pregnancy. If a woman experiences any level of oral health issues, she should be encouraged to seek care.

Are the brochures available on the National Maternal and Child Oral Health Resource Center free?

Yes they are! Given future budget limitations, OHRC's ability to print and distribute these materials will end in June 2015, but downloadable versions of these materials will always be available online. To access these resources please visit the [order form page](#) on the [OHRC website](#) to submit an order. Please don't hesitate to reach out to the National Maternal and Child Oral Health Resource Center at any point by either calling (202) 784-9771 or emailing OHRC info@georgetown.edu.

Are these resources available in languages other than English and Spanish?

Absolutely! Materials are available in over 20 different languages. Jolene and her team are happy to walk anybody through the process of finding materials in different languages.