Table 1: Oral Health Assessment Questions

Ask	Recommended Action
When was your last dental visit and did they discover any issues?	Facilitate a dental referral.
Do you have swollen or bleeding gums, a toothache, problems eating or chewing food, or other problems in your mouth?	Facilitate a dental referral.
Since becoming pregnant, have you been vomiting? If so, how often?	Advise the patient to rinse with water and a baking soda solution after vomiting to reduce acid exposure.
Do you use products with fluoride or drink fluoridated water?	Recommend fluoridated water and dental products to help reduce the incidence of decay.
How often do you brush and floss?	Emphasize brushing and flossing twice a day.

Table 2: Common Oral Health Conditions during Pregnancy

Pregnancy Gingivitis	Increased inflammatory response to dental plaque during pregnancy causes gingivae to swell and bleed more easily. Thorough brushing and flossing should minimize the inflammation.	
Pyogenic granuloma (pregnancy tumors)	A benign lesion may result from heightened inflammatory response to oral pathogens. Refer for dental evaluation. Professional cleaning may minimize the tumors.	
Tooth erosion	Erosion of tooth enamel may be more common because of increased exposure to gastric acid during pregnancy. Rinse mouth with baking soda and water to neutralize acid after vomiting. Minimize acid-rich foods like citrus and soda.	
Dental Caries	Pregnancy may result in dental caries due to the increased acidity in the mouth, greater intake of sugar, and decreased attention to prenatal oral health maintenance. Increase fluoride use and diligent oral hygiene.	
Periodontitis	Untreated gingivitis can progress to periodontitis. The teeth may loosen, bone may be lost, and a bacteremia may result. Refer to periodontal treatment early in pregnancy.	

How to Find a Dentist:

Oregon Health Plan/ Medicaid

Patients with Oregon Health Plan (OHP) have dental coverage. Most patients will be enrolled in a Coordinated Care Organization (CCO), and assigned a Dental Care Organization (DCO) to managed dental needs. Some patients may have open card or fee-for-service (FFS) dental coverage.

1. Contact DCO for assigned dental provider or a list of dentists to choose from. Dental plan information can be found on CCO ID card or OHP Coverage Letter.
2. If patients do not know their DCO, they may contact their CCO for dental plan information. Providers can determine a patient's assigned CCO using the Medicaid Provider Web Portal.
3. Open Card or FFS members should contact OHP Client Services for help finding a dentist.

Private Insurance

Patients with private insurance should contact their dental insurance provider for a list of in-network dentists. If insurance is provided through their employer, patients should contact HR for information on their dental health plan benefits.

Uninsured

Provide uninsured patients with a list of local low-cost dental services. Patients should also contact OHP to see if they qualify for dental benefits during their pregnancy.

DCOs	CCOs
Access Dental.................................. 1-877-213-0357	AllCare CCO... 1-888-460-0185
Advantage Dental......................... 1-866-268-9631	Cascade Health Alliance................... 1-888-989-7846
Capitol Dental................................. 1-800-525-6800	Columbia Pacific CCO....................... 1-855-722-8206
CareOregon Dental...................... 1-888-440-9912	Eastern Oregon CCO......................... 1-888-788-9821
Family Dental Care...................... 1-866-875-1199	FamilyCare Inc.................................... 1-800-458-9518
Kaiser... 1-800-813-2000	Health Share of Oregon 1-888-519-3845
Managed Dental Care of Oregon............................ 1-800-538-9604	InterCommunity Health Network................................... 1-800-832-4580
ODS Community Health............... 1-800-342-0526	Jackson Care Connect........................ 1-855-722-8208
Willamette Dental......................... 1-855-433-6825	PacificSource Community Solutions............................ 1-800-431-4135
Oregon Health Plan (OHP)	PrimaryHealth of Josephine County................................ 1-800-471-0304
	Trillium Community Health Plan.. 1-877-600-5472
OHP Client Services.................... 1-800-273-0557	Umpqua Health Alliance.................... 1-800-676-7735
To apply for OHP....................... 1-800-699-9075	Western Oregon Advanced Health................................ 1-800-264-0014
OHP Providers.............................. 1-800-336-6016	Willamette Valley Community Health................................ 1-866-362-4794
	Yamhill Community Care Organization.............................. 1-855-722-8205