Women’s oral health: What you should know

Women’s hormones make them more susceptible to dental issues at certain times. That’s why it’s important to be diligent about oral health all the time.

Puberty*
Puberty increases estrogen and progesterone and can cause:
› Red, sensitive or bleeding gums

Monthly menstrual cycle*
Periods increase progesterone and can cause:
› Red, sensitive or bleeding gums
› Swollen salivary glands
› Canker sores

Birth control*
Some forms of birth control increase progesterone and can cause:
› Red, sensitive or bleeding gums

Pregnancy*
Pregnancy increases progesterone and can cause:
› Gum disease
› Cavities
› Oral issues passed down to the child

Menopause*
In addition to experiencing fluctuating hormones, menopause-aged women often take medications that can cause:
› Red, sensitive or bleeding gums
› Dry mouth
› Tooth decay

Stick to a good dental health routine
› Floss at least once a day, and brush with fluoridated toothpaste twice daily for two minutes.
› Rinse at least once a day with an alcohol-free mouthwash that has been approved by the American Dental Association.
› Eat healthy, drink plenty of water, and limit sugars and starches. Visit your dentist two times a year.

Schedule a check-up today


Together, all the way.*

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