



# WOMEN'S ORAL HEALTH

When hormones change,  
keep your smile healthy.

It's no secret that men and women are different – and those differences include our dental health challenges. Due to unique hormonal changes women experience throughout their lives, there are certain times when they may be more susceptible to oral health problems. During these times, it's especially important to stick to a solid oral health routine.

## Five situations when women are more susceptible to oral health problems.\*

### Puberty

**Change:** Increased production of estrogen and progesterone

**Possible dental symptoms:**

- › Red, sensitive gums
- › Bleeding gums during brushing and flossing

### Monthly menstrual cycle

**Change:** Increased production of progesterone

**Possible dental symptoms:**

- › Red, sensitive gums
- › Bleeding gums during brushing and flossing
- › Swollen salivary glands
- › Development of canker sores

### Using birth control that contains progesterone

**Change:** Increased levels of progesterone

**Possible dental symptoms:**

- › Red, sensitive gums
- › Bleeding gums during brushing and flossing

### Pregnancy

**Change:** Increased levels of progesterone

**Possible dental symptoms:**

- › Red, sensitive gums
- › Bleeding gums during brushing and flossing

### Menopause

**Change:** Hormonal fluctuations and decreased salivary flow, often caused by medications

**Possible dental symptoms:**

- › Red, sensitive gums
- › Bleeding gums during brushing and flossing
- › Dry mouth
- › Tooth decay

\*"Hormones and Oral Health". WebMd. Accessed March 2019.  
<<http://www.webmd.com/oral-health/hormones-oral-health#1>>



## Stick to a good dental health routine.

- › Brush twice a day with a fluoride toothpaste
- › Floss at least once a day
- › Rinse with an ADA approved mouthwash at least once a day
- › Visit your dentist regularly
- › Eat a well-balanced diet
- › Avoid sugary or starchy snacks.
- › Talk to your dentist about any changes

Together, all the way.®



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