

AUGUST

Changing hormones, but same healthy smile

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.
- › Rinse with an ADA-approved alcohol-free mouthwash at least once a day.
- › Eat healthy, and limit sugars and starches.



Schedule a check-up today

Regular cleanings help manage any issues. Find an in-network dentist at myCigna.com.

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

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