

WOMEN'S DENTAL HEALTH

The various stages of a woman's life can affect her dental health from menstruation to pregnancy through menopause.



Puberty

Internally, one of the biggest changes to occur in puberty is the rise in hormones. As bodies produce these hormones, the blood flow increases and can lead to extra blood in the gums.



When extra blood flows into the gums, teens could deal with swollen gums and develop puberty gingivitis. The good news is that puberty gingivitis can be easily treated with brushing and flossing, and regular professional cleanings by a dentist.

Menstruation

Menstrual cycles also have a big impact on oral health. Hormonal fluctuations can cause swollen gums and possible bleeding while brushing or flossing, especially the week before a period. During a period, many women experience dry mouth and bad breath due to a loss of saliva.



The best time for you to schedule a dental cleaning is the week after your period for a more comfortable experience.

Pregnancy

Changes in the body during pregnancy can affect teeth and gums. Pregnant women have a higher risk for periodontal disease due to changes in hormone levels allowing bacteria to grow in the mouth more easily.



Dental care is safe during pregnancy and important for the health of you and your baby. Your dentist can help you improve the health of your mouth during pregnancy.

Breastfeeding

A study featured by Pediatrics shows that children that breastfed for up to six months, have a lower chance of developing bite issues. The act of nursing is jaw exercise for babies. It actually helps to encourage the growth and development of the bones and muscles of the jaw.



Some bite issues are hereditary but nursing could decrease the chances of your child needing braces in the future.

Menopause

During menopause, the amount of estrogen that your body produces varies and eventually declines. Then, as your estrogen levels go down, loss of bone mass goes up. Oral discomfort, tooth loss, and bone loss are common dental problems that may arise after menopause.

Continue to practice good dental hygiene to lower your risk.



Osteoporosis

Menopause can trigger osteoporosis and have risks of getting fractures, or breaks. Women who suffer from osteoporosis are more likely to experience difficulty with healing after oral surgeries, dental procedures, or have ill-fitting dentures.

Lower your risk by taking supplements to increase your calcium intake, or by undergoing hormone therapy to encourage a healthy hormone balance.

