

# Maintain the same healthy smile despite the changing hormones

## 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

Regular cleanings help manage any issues. Find an in-network dentist at [myCigna.com](https://myCigna.com).

\*WebMD. (2019, March 19). "Hormones and Oral Health." <https://www.webmd.com/oral-health/hormones-oral-health>

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