

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
- Pain or stiffness in the jaw, known as temporomandibular joint (TMJ) disorder

Pregnancy*

Pregnancy increases progesterone and can cause:

- Gingivitis, or inflammation of the gums
- Red, swollen and bleeding gums

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 your teeth at least twice daily with a toothpaste containing fluoride.
- Eat healthy, and limit sugars and starches.
- Visit your dentist twice a year for a routine cleaning.



Schedule a check-up today.

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

*Cleveland Clinic. "What Do Your Hormones Have to Do with Your Oral Health?" March 7, 2024.
<https://health.clevelandclinic.org/hormones-and-oral-health>. Last accessed December 30, 2024.

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