

## **Menopause and a Healthy Mouth – Part 2**

In our last article, we talked about why menopause impacts the oral health and just how it does that.

In this article, will look at what can be done to help.

So how can a woman approaching or beginning menopause get prepared for possible changes to their oral health?

### **Get Checked**

First, get educated! Make an appointment with your dentist today and ask them what you need to know and what you can do now to help make sure menopause does not have a negative impact on your oral health. Ask your dentist specifically about you and your situation.

### **Consider Hormone Replacement**

Speaking of recent research, one study in 2009 in the *Cleveland Clinic Journal of Medicine* (<http://www.ccjm.org/content/76/8/467.long>) has found that postmenopausal women that take part in estrogen replacement improved their bone density, which significantly increased alveolar bone (the bone that holds teeth in place) mass. Additionally, those women had significantly less gingival inflammation, lower plaque scores and less loss of tooth attachment.

### **Practice Good Oral Health Habits**

With so many changes going on in a woman's body at this time, it is even more important for her to be practicing good oral health habits. Make sure you're brushing your teeth at least twice a day with a toothpaste that contains fluoride, and keep your flossing up at least once a day. And try to keep a healthy diet low on sugars and starches.

### **Know Your Mouth**

And as the months go by, remember you know your mouth and body better than anyone and keep an eye on how you're feeling and what may seem different or "off." If you experience any changes in the health of your mouth, make an appointment with your dentist as soon as possible to help stop any possible negative changes to your health now before they become a problem.