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**

Together, all the way.

Offered by: Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company or their affiliates.

This document is provided by Cigna solely for informational purposes to promote customer health. It does not constitute medical advice and is not intended to be a substitute for proper dental care provided by a dentist. Cigna assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this document. Always consult with your dentist for appropriate examinations, treatment, testing and care recommendations.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

859215 d 12/20 © 2020 Cigna. Some content provided under license.