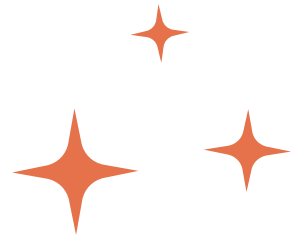


Menopause discussion guide for dental providers



Next Stage™ Women's Health

The menopause-oral health connection

Declining estrogen and progesterone levels during menopause can create significant changes in oral tissues, including reduced saliva production, altered immune response and compromised gum tissue integrity. These hormonal shifts may impact oral health, increasing risk for periodontal disease, tooth loss and oral discomfort — making proactive discussion with your patients essential for comprehensive care.

Please use the following questions as a starting point for discussions with your patients:

Starting the conversation

- “Have you noticed any changes in your physical condition or how you feel lately?”
- “Are you experiencing any changes you think might be related to menopause?”
- “How has your overall health been during this transition?”

Key symptoms to discuss

Ask patients: “Are you experiencing any of these symptoms? If so, on a scale of 1-10, how much do they impact your daily life?”

Oral health-related symptoms:

- Dry mouth (difficulty swallowing/speaking)
- Gum sensitivity or bleeding
- Receding gums (increased tooth sensitivity)
- Changes in taste or burning mouth sensation

General menopause symptoms:

- Menstrual changes (heavier/lighter periods, irregular timing)
- Hot flashes or night sweats
- Sleep disturbances
- Mood changes (irritability, anxiety, depression)
- Decreased libido or painful intercourse

Oral health recommendations for your patients

Immediate care adjustments:

- Choose a soft-bristled toothbrush to protect sensitive gums.
- Use a sensitivity toothpaste containing fluoride.
- Incorporate products that relieve dry mouth (sugar-free gum, saliva substitutes, specialized rinses).
- Stay well-hydrated.
- Avoid tobacco and alcohol, which worsen oral health issues.
- Use a humidifier at night.

Professional care:

- Increase cleaning frequency if needed (every 3-4 months vs. 6 months).
- Consider fluoride treatments or prescription mouth rinses.
- Closely monitor periodontal health to identify and manage changes promptly.
- Encourage discussions of hormonal and non-hormonal treatments with a physician or a menopause care specialist, such as Midi Health.

Supporting overall health

Highlight additional steps your patients can take to help manage symptoms during menopause:

- Regular exercise helps manage symptoms and supports bone health.
- Balanced nutrition with adequate calcium and vitamin D.
- Stress management techniques (meditation, yoga, counseling).
- Quality sleep hygiene practices.

With **Next Stage™ Women's Health**, you can give your patients more than routine care. Its added benefits help you support women through life's big transitions and strengthen your role as a true health partner.

For more information, visit the **Next Stage™ Women's Health page** or check out the **Delta Dental Menopause and Oral Health page**.