

#DM2002-25

“ESTROGEN AND ORAL HEALTH”

EVERYONE NEEDS TO HAVE GOOD ORAL HEALTH. THIS IS ESPECIALLY IMPORTANT AS WOMEN GROW OLDER.

OVER THE YEARS, WOMEN'S BODIES CHANGE SEVERAL TIMES. ONCE YOU REACH MENOPAUSE, YOU'LL EXPERIENCE EVEN MORE PHYSICAL CHANGES. PART OF THE REASON IS THE DECREASED LEVELS OF ESTROGEN IN YOUR BODY.

SOME OF THE DIFFERENCES YOU MAY EXPERIENCE ARE A DECREASE IN SALIVA FLOW RESULTING IN DRY MOUTH, ALTERED TASTE SENSATIONS, OR MORE SENSITIVITY TO HOT AND COLD FOODS.

STUDIES HAVE SHOWN THAT HORMONE REPLACEMENT THERAPY MAY BE BENEFICIAL. TWENTY-FOUR PERCENT OF WOMAN WHO HAVE TAKEN ESTROGEN HAVE FOUND IT TO WORK FOR THEM. IT MAY IMPROVE YOUR ORAL AND PHYSICAL HEALTH BY HELPING TO STRENGTHEN TEETH AND BONES, AND LOWER THE RISK FOR PERIODONTAL DISEASE.

IF YOU HAVE QUESTIONS ABOUT HORMONE REPLACEMENT THERAPY, CONSULT YOUR PHYSICIAN. IT CAN NOT ONLY HELP YOUR GENERAL HEALTH, BUT YOUR ORAL HEALTH AS WELL.

FOR THE ADA DENTAL MINUTE, I'M DR. MARIA LOPEZ HOWELL.