

Maintain the same healthy smile despite the changing hormones

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 for two minutes.
- › Rinse at least once a day with an alcohol-free mouthwash that has been approved by the American Dental Association.
- › Eat healthy, drink plenty of water, and limit sugars and starches. Visit your dentist two times a year.



Schedule a check-up today

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

*WebMD. (2019, March 19). "Hormones and Oral Health." <https://www.webmd.com/oral-health/hormones-oral-health>

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, and Cigna Dental Health, Inc. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

859215 e 12/21 © 2021 Cigna. Some content provided under license.