

Patient Information Sheet: Menopause and Oral Health

Understanding the Impact of Menopause on Oral Health

Menopause, usually occurring between ages 45–55, marks the end of menstrual cycles and brings a significant drop in oestrogen levels. This hormonal change can have a noticeable effect on both general and oral health, including an increased risk of gum disease, dry mouth, and burning mouth syndrome.

Common Oral Health Issues During Menopause

Dry Mouth (Xerostomia)

Reduced saliva can cause discomfort and increase your risk of tooth decay and infections.

Gum Disease (Periodontal Disease)

Oestrogen plays a role in maintaining gum health. Its decline increases susceptibility to inflammation and gum infection.

Burning Mouth Syndrome

Characterized by a burning sensation, this may occur years before or after menopause and affects up to 32% of women.

Osteoporotic Jaw

Lower bone density in the jaw can weaken support for teeth, leading to mobility or loss.

Aphthous Ulcers & Lichen Planus

These inflammatory conditions are more likely due to changes in the immune response during menopause.

Hormone Replacement Therapy (HRT) and Oral Health

Research indicates that Hormone Replacement Therapy (HRT) may improve oral health during menopause. A study involving nearly 500 women aged 50 to 87 found that HRT users experienced a 44% improvement in gum health, with significantly lower rates of gum disease compared to non-users.

[Hormone Replacement Therapy and Oral Health – Oral Health Foundation](#)

Oral Care Tips for Menopausal Women

To maintain optimal oral health during menopause:

Maintain a Good Oral Hygiene Routine: Brush teeth twice daily with fluoride toothpaste and clean between teeth using interdental brushes or floss.

Stay Hydrated: Drink plenty of water to help alleviate dry mouth symptoms.

Eat a balanced diet and limit sugary foods and drinks

Use Saliva Substitutes: Products like GC Dry Mouth Gel can provide relief from dry mouth.

Speak with your GP: about HRT if you're experiencing menopausal symptoms

Regular Dental Check-ups: Visit your dentist regularly for check-ups and cleanings.

Recommended Products

[Gengigel Gel](#) - A hyaluronic acid-based gel that helps repair and soothe irritated, inflamed, or dry oral tissues.

[GC Dry Mouth Gel](#) - Relieves symptoms of dry mouth and helps protect against tooth decay and discomfort.

SLS free toothpaste (e.g. Sensodyne Pronamel, Oranurse, Biotene) - Some people find switching to a low foaming (sodium laurel sulphate free) toothpaste can reduce sensitivity reactions such as ulceration of the oral tissues.

More Information

[Balance Menopause Oral Health Factsheet](#)

[Dentistry.co.uk – Menopause and Oral Health](#)