

WOMEN'S ORAL HEALTH TIMELINE

FACTORS¹

Increased production of **estrogen and progesterone**

Increased levels of **progesterone**

Age specific medications and **hormonal changes**

Puberty

Pregnancy

Menopause

ORAL HEALTH CONCERNS¹

Increased blood flow to gums can cause **swelling and bleeding** during brushing and flossing

Common during the second trimester, **pregnancy gingivitis** hinders your body's bacteria response, making it easier for plaque to build up.

Both can cause **dry mouth**, which increases risk for **tooth decay and gum disease**

TIPS FOR A HEALTHY SMILE²



Eat a well balanced diet



Brush and floss twice a day and use fluoridated toothpaste



Visit the dentist regularly