

The Oral Mucosa

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Soft Tissues of the Mouth

The oral mucosa is the lining of the mouth, including the lips, cheeks, tongue, gums, and palate. It is a complex tissue with various functions, including protection, sensation, and lubrication. Conditions can be influenced by hormonal changes throughout women's lives, such as puberty, menstruation, and menopause.

Burning Mouth Syndrome

This condition is characterized by a burning sensation in the mouth, often accompanied by altered taste and a dry, cottony feeling. It disproportionately affects women and is linked to various factors, including dry mouth, vitamin deficiencies, and stress.

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Dry Mouth

Dry mouth, or xerostomia, is a common condition that can be caused by various factors, including medications, hormonal changes, and autoimmune diseases. It can increase the risk of oral infections and contribute to other oral health problems.

Lichen Planus

Oral lichen planus is a chronic inflammatory condition that affects the mucous membranes of the mouth, including the cheeks, gums, tongue, and lips. It is characterized by white patches or lacy lines on the mucous membranes, as well as burning, itching, or soreness. The cause of oral lichen planus is unknown, but it may be related to an autoimmune disorder, allergies, or infections.

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Dental Check-Ups

Regular dental checkups are crucial for maintaining good oral health. Dentists can identify and treat potential problems early on, such as gum disease, oral cancer, and other conditions.