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Women's Oral Health

For Her. By Design.

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The Temporal Mandibular Joint



Women's Oral Health: Osteoporosis

OSTEOPOROSIS AND THE JAW BONE

Osteoporosis, a condition characterized by decreased bone density, significantly impacts women, particularly after menopause. Research indicates that up to 20% of bone loss can happen during perimenopause and the post menopause journey. As bone mass decreases throughout the body, it also affects the jawbone.

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PRIORITIZING BONE HEALTH

Get your bone density screening. Ensure that you're getting enough calcium and vitamin D through your diet or supplements. Regular exercise, such as walking, jogging, or weightlifting, helps strengthen bones. Avoid smoking and limit alcohol consumption.

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