

Menstruation

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Hormonal Impact on Oral Health

Fluctuations in the female hormone levels throughout the menstrual cycle can significantly affect oral health. These changes can influence saliva production, plaque formation, as well as gum inflammation and sensitivity.

Saliva and the Menstrual Cycle

The surge of estrogen in the follicular phase increases saliva production, making it thinner and more watery, which aids in rinsing away food particles and bacteria. Progesterone, on the other hand, can lead to increased plaque buildup during the luteal phase.

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Gum Sensitivity

In the days leading up to menstruation, women may experience increased gum tenderness that may be throughout the mouth or localized to a particular area. Other symptoms may be sensitivity to cold temperatures. This is attributed to hormonal shifts.

Oral and Vaginal Health Connection

The oral mucosa and vaginal mucosa have structural and ecological similarities. Both areas are moist and have similar mucosal tissues. Furthermore, they are influenced by hormones and interconnected through the immune system.

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Oral Hygiene

Maintaining good oral hygiene practices, including regular brushing, flossing, and rinsing, is crucial throughout the menstrual cycle to counteract the effects of hormonal fluctuations and maintain overall oral health. A balanced oral microbiome is essential for overall health.