



December 31, 2024

# Women's Oral Health

For Her. By Design.

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Health Connection**



Women's Oral Health: Menstruation

**Support Us On  
KICKSTARTER  
Coming 1.14.25**

## ESTROGEN, PROGESTERONE, SALIVA, AND PLAQUE

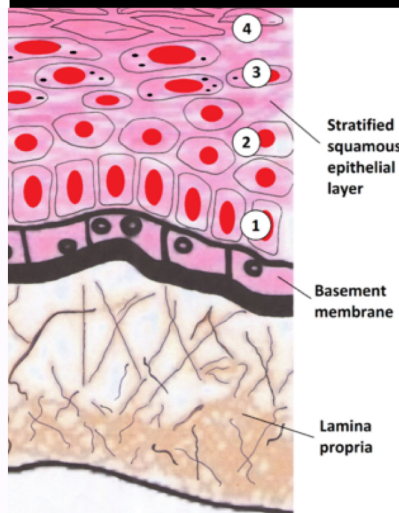
The surge of estrogen in the follicular phase increases saliva production, making it thinner and more watery, which aids in rinsing away food particles and bacteria. Progesterone, on the other hand, can lead to increased plaque buildup during the luteal phase.

## WELLNESS ADVICE



**Available to Download**

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## THE ORAL AND VAGINAL MUCOSAS

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

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