

Osteoporosis

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Bone Density and the Jawbone

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.

Bisphosphonates and Oral Health

Bisphosphonates are medications commonly used to treat osteoporosis. While highly effective, they can sometimes have an unexpected side effect of jaw osteonecrosis. This condition involves severe jawbone damage, often requiring surgical intervention. It's important to note that it is rare, but it's crucial to be aware of the potential risks and discuss them with your doctor.

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Bone Loss and TMJ

Reduced bone density in the jaw can weaken the support for teeth, making them more prone to shifting, loosening, and even falling out. Temporomandibular joint (TMJ) disorders, which affect the joints that connect your jaw to your skull, can be exacerbated by jawbone weakness.

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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Maintaining Good Oral Hygiene

Brush three times daily and floss once a day to remove plaque and prevent gum disease. Schedule and attend regular dental checkups and cleanings. If you're taking bisphosphonates or have any concerns about bone health, discuss them with your doctor and dentist.