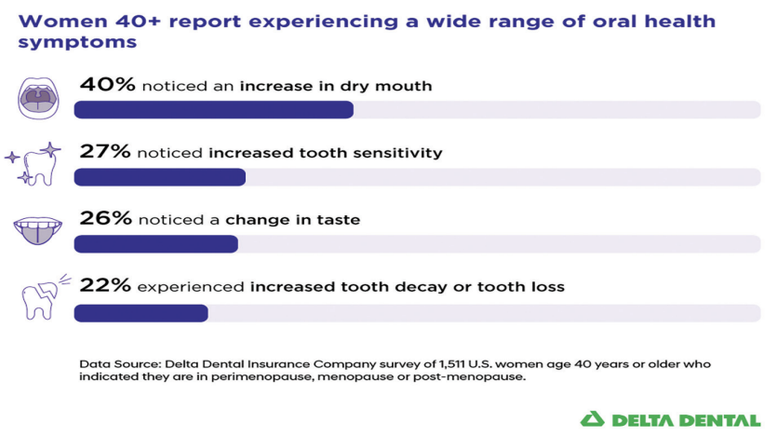
Menopause changes your mouth. Most women have no idea.



Photo courtesy of Shutterstock

(Sheeka Sanahori) Many women are familiar with the most talked-about symptoms of menopause - hot flashes, disrupted sleep, brain fog and mood swings. Far fewer know that dry mouth and sensitive teeth belong on that list too.

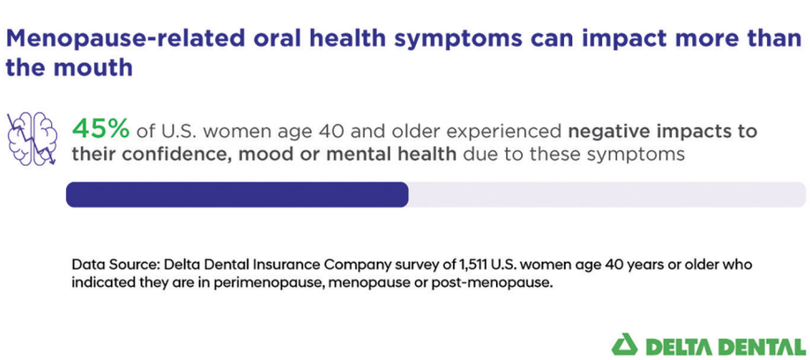
There's a name for it: menopause mouth. According to survey data from Delta Dental Insurance Company, 83% of women 40 and older in menopause aren't aware of any of its symptoms.



What menopause mouth feels like

Forty percent say they have noticed an increase in dry mouth. Another 27% have noticed more tooth sensitivity in recent months, and 26% say things taste different than they used to. You tell yourself it's something else. You're not drinking enough water; you've been brushing too hard. Menopause isn't the first thing that comes to mind.

It adds up. Forty-five percent say oral symptoms associated with menopause, such as tooth pain, dry mouth or gum inflammation, take a toll on their confidence, mood or mental health.



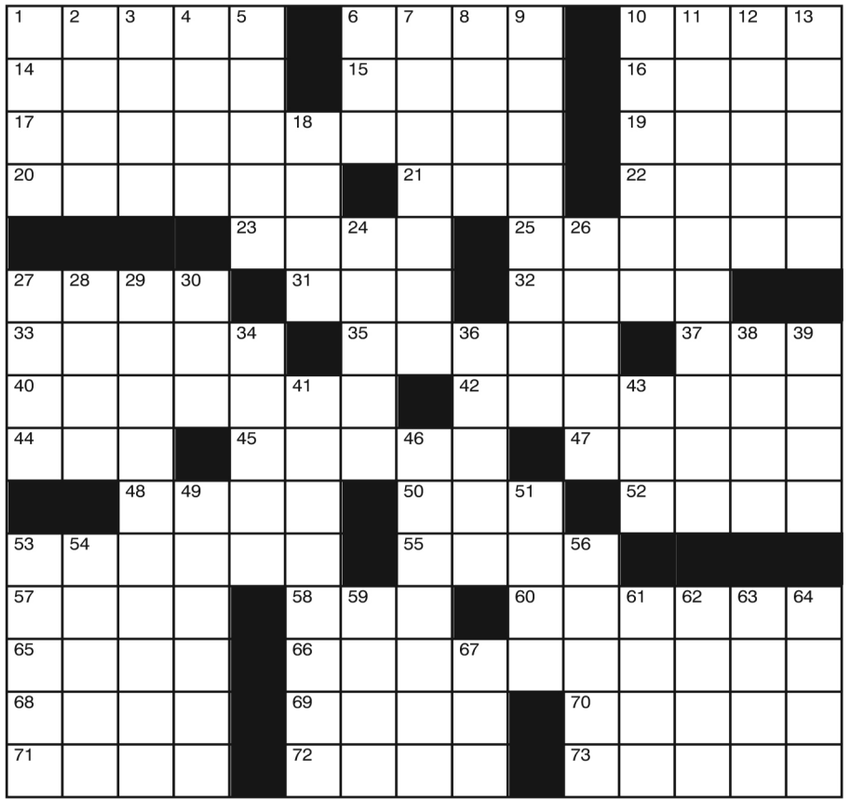
Menopause affects the whole body, mentally and physically. So why is the mouth left out?

Even after learning about this connection, 30% of women say they can't find information about menopause-related oral health concerns. It isn't that no one is willing to discuss it.

What makes the conversation hard to start

Three-quarters of dentists say they are comfortable discussing menopause with patients. They just want to know who they're talking to. *Continues on page 19*

TRAILER B'S



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By Neil Manausa

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