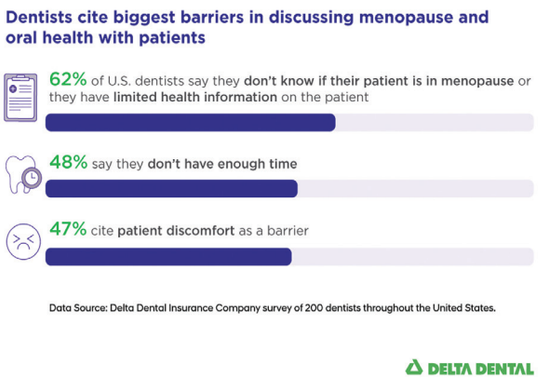
# Menopause changes your mouth...

*Continued from page 16*

Most say they would want more patient history, or to know a patient was in menopause, before raising the subject. Forty-five percent say they would not bring up how menopause affects oral health unless a patient asked.

Dentists also believe that patients are already informed. Ninety-four percent say their patients are at least somewhat aware that menopause can affect oral health. So a patient says nothing about her dry mouth, because it doesn't seem like a dental problem. The dentist doesn't bring it up either, assuming someone already has.




**Women are asking for the information**
Nearly nine in 10 women say it would help to receive specific instructions during dental visits about managing oral health during menopause. And 69% say they would be more likely to book an appointment if a primary care provider or OB-GYN had told them menopause affects oral health.

No matter who brings it up, the conversation is one worth having. Hormonal changes during menopause can increase the risk of tooth loss or tooth decay, gum disease, receding gumline or loss of jawbone density. Discussing new oral symptoms with a dentist can help women identify potential problems and address them early.

**How to start the conversation with your dentist**
Your dentist probably doesn't know you're in menopause. Start there.

**Questions worth asking:**
- "Could the changes I'm noticing be related to menopause?"
- "I haven't had a cavity in 30 years, and now I have two. Could that be tied to hormonal changes?"
- "What can I do about dry mouth?"
- "Are there symptoms I should watch for?"
- "Should I adjust my oral care routine?"

Any one of these questions can get the conversation started.

**Methodology**
Delta Dental Insurance Company commissioned Atomik Research to conduct two online surveys between June 25 and July 2, 2025.

*The first surveyed 200 dentists throughout the United States. The margin of error is +/- 7 percentage points with a 95% confidence level.*

*The second surveyed 1,511 women ages 40 or older throughout the United States. To qualify, participants had to indicate they are in perimenopause, menopause or post-menopause. Those who were not sure which stage they were in, or who indicated they were not yet in one of the three stages, were excused from participation. The margin of error is +/- 3 percentage points with a 95% confidence level*

*Atomik Research, part of 4media group, is an independent market research agency.*

# 4 Tips to Winterize Your Garden Tools

FEATURE IMPACT

As cold weather approaches and the growing season winds down, gardeners have one final step to consider. Before you stow your lawn equipment and gardening tools in the shed, basement or garage, winterizing your tools can help prevent rust and extend the life of your equipment.

***Start with these simple tips.***

## Clean and Dry Tools

Dirt, mud, grass, sap and other debris can build up over the gardening season, which can trap moisture or simply make it more difficult to use your tools in the spring. Use brushes, cloths and appropriate cleaners to remove dried soil and sticky residue then allow them to dry completely before moving on to other maintenance. As you clean your tools, look them over for potential issues that may require repair or replacement.

## Maintain Wood and Metal Components

Changing temperatures and moisture levels can pose threats to tools over the winter, but many issues can be prevented with a little advance protection. Check wooden handles for cracks or splinters then apply a wood conditioner to keep the material from drying out or getting damaged during storage.

If you store metal tools in an area prone to dampness, rust can become an issue. With a thin coat of protective oil or rust-prevention coating, you can protect exposed metal from damage and keep the tools in usable condition. Tighten loose screws and bolts and pay particular attention to joints, which may need extra cleaning or lubrication.

## Properly Store Power Tools and Battery-Powered Equipment

Electric, battery and gas-powered equipment usually have specific requirements for safe winter storage. Start by consulting the owner's manual for whatever equipment you have, since recommendations can differ by model. Inspect serviceable components like spark plugs, air filters and belts, and replace or maintain them as needed. If possible, you may need to remove batteries and store them where they won't be exposed to extreme temperatures or moisture.


Photo courtesy of Unsplash

If you use gas equipment, recommendations will likely include draining fuel and either properly disposing of it or storing it safely in sealed containers. Pay attention to local fire and safety regulations before choosing a storage spot, since gas is highly flammable.

## Drain Watering Equipment

During the winter months, water left inside hoses, pumps, nozzles and watering cans can freeze, expand and cause cracks or other damage. Ensure this equipment is disconnected, drained and safely stored away from the elements.

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