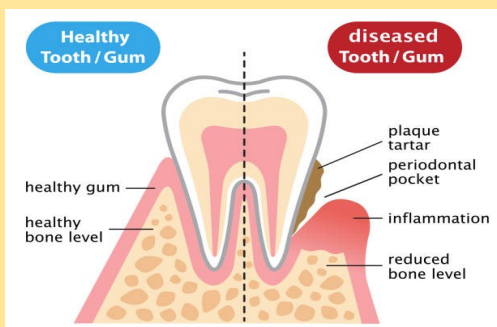


Falling oestrogen levels throughout menopause can lead to painful mouth conditions. During menopause it is important to maintain good oral health. Remember to visit your dentist for regular check ups.

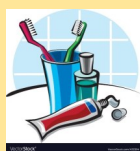
### Gum Disease

Gum disease causes gum inflammation, bleeding and pain. This can lead to tooth loss



#### To help prevent gum disease:

- Brush teeth twice, before bedtime and at one other time of the day with fluoride toothpaste containing at least 1350 ppm. Spit excess toothpaste, don't rinse.
- Reduce the amount of sugary foods and drinks you consume
- Use interdental brushes or floss to clean between your teeth



## MENOPAUSE AND ORAL HEALTH

### Dry Mouth

Dry mouth can be caused by a decrease in saliva production and/or medication



#### To help ease dry mouth:

- Take frequent sips of water
- Chew sugar-free gum to increase saliva production
- Ask your pharmacist for saliva sprays to reduce symptoms

### Burning Mouth Syndrome

Burning Mouth Syndrome is a hot feeling which affects your tongue, lips, palate all areas of the mouth

#### To help ease Burning Mouth Syndrome:

- Use a non-flavoured toothpaste
- Avoid hot, spicy and acidic foods and juices
- Avoid alcohol and tobacco products

