



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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HOW HORMONAL CHANGES AFFECT ORAL HEALTH IN WOMEN

Date: 24/01/2025.

Venue: MGM Medical College and Hospital, Kamothe

Faculty: Dr. Mausami Malgaonkar, Dr. Aishwarya Patil

Organizing Agency: PHD Dept, MGMDCH, NSS unit of MGMDCH, MGM MEDICAL COLLEGE AND HOSPITAL, KAMOTHE

Number of Students attended: 3

Introduction

Hormonal fluctuations throughout a woman's life—during puberty, menstruation, pregnancy, and menopause—affect oral health. Changes in hormone levels can increase the risk of gum disease, dry mouth, oral ulcers, and bone loss in the jaw. Understanding these effects is crucial for maintaining good oral hygiene and preventing complications.

Aim and Objective

1. To assess the impact of hormonal changes on women's oral health.
2. To create awareness about oral health management during different hormonal phases.
3. To provide preventive strategies and treatment options for maintaining optimal oral health.

Method to Examine Patients

Demographic and Medical History: Collected information on age, hormonal conditions (menstrual cycle, pregnancy, menopause), and oral hygiene practices.

Oral Examination:

Gum health: Checked for inflammation, swelling, and bleeding (gingivitis, periodontitis). Tooth sensitivity and decay: Assessed for enamel erosion and cavity formation. Dry mouth (xerostomia): Evaluated for reduced salivary flow, common during menopause. Bone density: Checked for early signs of osteoporosis-related jawbone loss. Soft tissue changes: Observed for ulcers, burning mouth syndrome, and hormonal-related pigmentation.

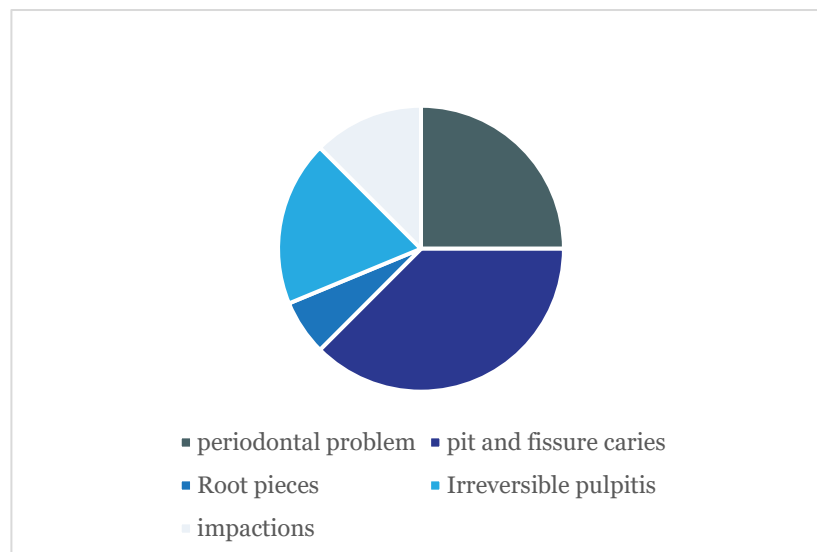
Questionnaire: Women answered questions about their menstrual cycle, pregnancy, menopause symptoms, and oral hygiene routines.

Interpretation of Findings

Many women experienced gum inflammation and bleeding during pregnancy and menstruation due to increased progesterone and estrogen levels. Dry mouth and burning sensation were common among postmenopausal women, leading to increased tooth decay and oral discomfort. Some women showed signs of bone loss in the jaw, linked to osteoporosis and hormonal deficiencies. A few cases of oral ulcers and sensitivity were noted, possibly associated with hormonal fluctuations.

Conclusion

Hormonal changes significantly impact women's oral health, increasing susceptibility to gum disease, dry mouth, and bone loss. Proper oral hygiene, including regular brushing, flossing, and professional dental cleanings, is essential. Women should be educated about the importance of calcium and vitamin D for maintaining oral and bone health. Regular dental checkups, lifestyle modifications, and early intervention can help prevent long-term complications.





Dental team at MGM Medical College and Hospital examining the patients

Sr. No	List of Participants
	Name of faculty
1.	Dr. Mausami Malgaonkar
	Name of Interns
1.	Tuba penkar
2.	Rohma khan