

Gum Problems

An apple a day cannot keep menopause away! It's time to get religious about tooth and gum care! Because of the estrogen loss from menopause and also just from plain ol' getting old, gum problems often occur around the same time as osteoporosis. Estrogen contributes to the overall health of a lot of areas in your mouth including your gums, tongue and jaw bone etc...

It's vitally important to treat any gum of mouth issues preventatively and as soon as they arrive. If your gum problems go untreated they could turn into periodontitis, a serious disease that inflames the tissue in your mouth, around your teeth, and leads to irreversible bone loss. There are ways to get ahead of gum disease and bone decay...

Using a battery powered toothbrush, along with flossing regularly, can significantly help to reduce food build up. Also, reducing your caffeine and sugar intake can prevent tooth and enamel discoloration and decay. Stress also plays a part in maintaining a healthy mouth... decreasing your stress levels will help to maintain the amount of plaque build up around your teeth and gums. And, as always, maintain a healthy diet filled with vitamins and minerals, especially vitamin C and D which help to maintain healthy tissue and bones and decrease inflammation.