

# THE MONTHLY TOOTH

Monthly Newsletter from Ewan Bramley Dental Care



## UNDERSTANDING THE LINK BETWEEN DENTAL HEALTH, MENSTRUATION, AND MENOPAUSE

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7 - And last but not least, Dental Implants and their benefits!

The relationship between dental health and hormonal changes during menstruation and menopause is both profound and under appreciated. For women, hormonal fluctuations significantly impact oral health, influencing conditions like gum disease, oral dryness, and sensitivity. Understanding this connection empowers women to adopt preventive measures, improving both dental and overall health.

#### How Hormones Influence Dental Health

Hormonal changes during the menstrual cycle and menopause impact various aspects of health, including dental well-being. Hormones like estrogen and progesterone fluctuate throughout a woman's life, influencing blood flow, immune response, and even the composition of saliva, all of which affect oral health.

When hormones rise or fall, they can alter gum sensitivity, increase plaque formation, and change the mouth's pH balance. For example:

- Increased plaque buildup: Progesterone can increase plaque retention, leading to gum inflammation.
- Lower immune response: Hormonal shifts can affect immune strength, reducing the mouth's natural defences.

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# Menopause



## UNDERSTANDING THE LINK BETWEEN DENTAL HEALTH, MENSTRUATION, AND MENOPAUSE CONTINUED...

### Dental Health and Menstrual Cycle Phases

The menstrual cycle consists of four phases—menstrual, follicular, ovulation, and luteal—that each trigger distinct hormonal changes.

Here's how they affect oral health:

- **Menstrual Phase (Days 1-5):** As hormone levels are at their lowest, many women experience heightened sensitivity in the gums. Bleeding gums and mouth sores can be more common during this time.
- **Follicular Phase (Days 6-14):** Estrogen levels start to rise, promoting cell repair and strengthening blood vessels. During this time, gum health may improve slightly, though sensitivity can still be present.
- **Ovulation (Around Day 14):** Estrogen peaks around ovulation, which can sometimes result in puffy or inflamed gums. Increased blood flow can heighten gum sensitivity and may lead to discomfort while brushing or flossing.
- **Luteal Phase (Days 15-28):** Progesterone levels surge in preparation for potential pregnancy. Progesterone can increase blood flow to the gums, often causing swelling, redness, and even tenderness. This increase in progesterone can also make the gums more susceptible to bacteria and plaque, raising the risk of gingivitis.

### Oral Health Concerns During Menopause

Menopause is a significant life stage with lasting effects on oral health. The drop in estrogen levels that occurs during menopause can lead to several oral health issues, including dry mouth, bone density loss, and gum disease.

#### Key Oral Health Concerns in Menopause:

- **Dry Mouth (Xerostomia):** Estrogen helps maintain saliva flow, which is essential for washing away bacteria and food particles. With reduced estrogen levels, many women experience dry mouth, making them more prone to cavities and gum disease.
- **Bone Density Loss and Tooth Loss:** Estrogen decline can also impact bone density. Since the jawbone supports teeth, decreased bone density can increase the risk of tooth loss or mobility, particularly if periodontal disease is present.
- **Gum Disease and Periodontitis:** Lower estrogen can make gum tissues more susceptible to inflammation and infection. Post-menopausal women are often at higher risk of periodontitis, an advanced form of gum disease that can lead to bone loss if untreated.

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# UNDERSTANDING THE LINK BETWEEN DENTAL HEALTH, MENSTRUATION, AND MENOPAUSE CONTINUED...

## Managing Oral Health: Tips for Different Life Stages

Oral hygiene practices play a crucial role in managing dental health throughout hormonal changes. Here are some tailored tips for women to support oral health during menstruation and menopause:

### Tips During the Menstrual Cycle:

- **Practice Gentle Oral Hygiene:** During sensitive phases like menstruation or the luteal phase, use a soft-bristled toothbrush and fluoride toothpaste to reduce irritation.
- **Be Mindful of Diet:** Sugary foods and acidic drinks can irritate sensitive gums. Incorporate calcium-rich foods and stay hydrated to support gum health.
- **Stay Consistent with Flossing:** Although gums may be more sensitive, flossing regularly is essential to prevent plaque buildup and maintain healthy gums.

### Tips for Menopause:

- **Address Dry Mouth:** Drink plenty of water and consider using an alcohol-free mouthwash to avoid further dryness. Sugar-free gum or mints can stimulate saliva production.
- **Boost Calcium and Vitamin D Intake:** A balanced diet rich in calcium and vitamin D can support bone health, which is critical for jawbone strength and overall oral health.
- **Consider Hormone Therapy (If Appropriate):** For some women, hormone replacement therapy (HRT) can alleviate menopausal symptoms, potentially benefiting oral health as well. However, HRT is a decision to discuss carefully with a healthcare provider.
- **Regular Dental Visits:** Women going through menopause should visit their dentist more frequently for cleanings and checkups, which can help monitor bone density, gum health, and early signs of periodontal disease.

### Key Takeaways:

- **Women's oral health is closely tied to hormonal shifts during the menstrual cycle and menopause.**
- **Each stage of the menstrual cycle presents distinct challenges for gum health and sensitivity.**
- **Menopause can lead to significant changes, such as dry mouth and increased risk of tooth loss, due to decreased estrogen levels.**

**By focusing on preventive care, dietary support, and regular dental visits, women can navigate these hormonal changes and maintain a healthy smile throughout all life stages.**

**If you have any worries and would like to book a consultation with one of our dentists, please get in touch with our reception team at [reception@ewanbramley.com](mailto:reception@ewanbramley.com).**

## Final Thoughts on Hormonal Changes and Oral Health

Hormonal fluctuations during menstruation and menopause play an influential role in women's oral health, affecting everything from gum sensitivity to the risk of bone loss. By understanding these connections, women can adopt proactive dental care practices tailored to their hormonal cycles, safeguarding both oral and overall health.





# NORTH EAST NEWS!



## FORMER TOY MUSEUM BECOMING NEW BAR & RESTAURANT

By the time this newsletter comes out, Durano Lounge should be open! Loungers have a few premises in the North East with the latest being the Tynemouth venue taking over the old Toy Museum. They will be serving all day food and will be dog friendly!

## OUT WITH THE OLD, IN WITH THE NEW. WHAT WAS ORA IS NOW THE COVE.

Ora, the long standing Tapas & Cocktail in Tynemouth, is under new management with a fresh new name and refurbishment.

The Cove is open for business and will be serving signature cocktails, wines from around the world and tapas dishes. It will also have a Sunday Lunch Menu. You can book a table through their [website here](#).



THE KILN  
STUDIOS



## GET YOUR PAINT ON AT THE KILN STUDIOS

The Kiln Studios has opened a safe creative space in North Shields, for 2 hours you can go along and paint pottery of your choice. Prices range from £6 to £35 for larger items. Once you have finished, your pottery is glazed for you!

## PSYCHOLOGY ONE-TO-ONE

# BUSINESS OF THE MONTH

*Psychology One-to-One was founded by Dr Janet Pilkington in 2019 and it has become an established and respected business serving people across the north-east of England.*

Psychology One-to-One provides direct access to individualised psychological therapy at a time when it has become increasingly difficult to get timely access to high-quality psychological therapy through traditional routes such as the NHS. Working as an individual practitioner, Dr Pilkington will work exclusively with you from the initial point of contact and through the therapy journey so that you can be assured of a seamless and personalised approach.

Dr Pilkington is an experienced and dedicated clinical psychologist who is registered with the Health and Care Professions Council (HCPC) and has chartered status with the British Psychological Society. She has worked in a variety of clinical and leadership positions in the NHS, the Voluntary Sector and Higher Education over the last 25 years and brings a wealth of experience to her work. She is able to work with people who are either self-funding or have private health insurance with a range of companies including BUPA and AXA.



Dr Pilkington has supported many people to overcome difficulties with anxiety, panic, stress, depression, trauma, low self-esteem and other emotional, psychological and relationship issues.

She is trained in a range of well-researched psychological approaches that have been demonstrated to help improve psychological and emotional wellbeing and she will be committed to working ethically with you to help you make an informed decision about the type of therapy that would be most appropriate.

A range of evidence-based psychological therapies is offered including CBT, ACT, Compassion Focused Therapy and Trauma-Focused Therapies. As a clinical psychologist, Dr Pilkington is able to personalise therapy for you and to offer the approach that would be most appropriate for addressing your difficulties.



Dr Janet Pilkington

*'I care deeply about helping people and find that my approachable and genuinely empathic nature helps with the journey of therapy. I've supported many people through therapy over the years and have helped them to move forward from difficulties with stress, trauma and debilitating symptoms associated with anxiety and depression. I offer a safe and comfortable space where I draw upon all my training and experience to provide a sensitive and bespoke service to every person that I work with'.*

Clinics are based in Gosforth and Jesmond. Day time and Evening appointments are available. To book an appointment, please contact:  
W: [psychologyone-to-one.co.uk](https://psychologyone-to-one.co.uk)  
E: [info@psychologyone-to-one.co.uk](mailto:info@psychologyone-to-one.co.uk)  
T: 07595 195516



# CHRISTMAS IS UPON US!

We've brought you some Festive Spirit activities to get you in the mood.



## CULLERCOATS CREATIVES CHRISTMAS MARKET!

A lovely mix of artists, artisan crafters and specialist food creators at the Cullercoats Methodist Church including fresh bread and pastries, large selection of cheeses and delicious cakes.

Book via email  
[cullercoatscreatives@gmail.com](mailto:cullercoatscreatives@gmail.com)



## THE MOST MAGICAL TRAIN RIDE OF THE YEAR IS ALMOST HERE!

Make this Christmas a real cracker with a trip on board our famous Elf Express! Meet our Chief Elf as well as Santa Claus himself and enjoy an interactive Christmas performance before jumping on board a heritage locomotive. There'll be live entertainment, Christmas music, lots of photo opportunities, refreshments and a special present from Santa for every child.

9.45am | 11.15am | 12.45pm | 2.15pm | 3.45pm  
Weekend 2 runs on Saturday 7 and Sunday 8 December  
[Tickets can be bought here.](#)







# DENTAL IMPLANTS AND THEIR BENEFITS

***Dental implants are a modern solution for replacing missing teeth, offering a permanent and natural-looking alternative to dentures or bridges. These implants consist of three components: a titanium post that acts as a tooth root, an abutment that connects the post to the crown, and the crown itself, which replicates the appearance of a natural tooth. With advancements in dental technology, implants have become a widely accessible and highly effective option for restoring oral health and aesthetics.***

## **Key Benefits of Dental Implants**

### **1. Natural Appearance and Comfort**

Dental implants are designed to look, feel, and function like natural teeth. Unlike removable dentures, implants are anchored securely in the jawbone, eliminating the discomfort or inconvenience associated with slipping or shifting.

### **2. Durability and Longevity**

With proper care, dental implants can last a lifetime. The titanium post fuses with the jawbone in a process called osseointegration, creating a stable foundation. This durability makes implants a cost-effective choice over the long term.

### **3. Improved Oral Health**

Unlike traditional bridges, which may require the alteration of adjacent teeth, dental implants do not compromise surrounding teeth. They also help maintain jawbone density, reducing the risk of bone loss and preserving facial structure.

### **4. Enhanced Chewing and Speech**

Dental implants restore full chewing ability, enabling patients to enjoy a varied diet without restrictions. Additionally, they help improve speech by eliminating the slurred or mumbling effect that can occur with poorly fitting dentures.

### **5. Boosted Confidence and Quality of Life**

Missing teeth can impact self-esteem and social interactions. Dental implants provide a secure and aesthetically pleasing solution, boosting confidence and allowing patients to smile freely.

## **Who Can Benefit from Dental Implants?**

Most individuals with healthy gums and sufficient jawbone density are good candidates for dental implants. Even in cases of bone loss, procedures like bone grafting can prepare the jaw for implantation. Regular dental check-ups and a commitment to oral hygiene are crucial for maintaining the success of implants.

*Dental implants offer a transformative solution for tooth loss, combining aesthetics, functionality, and durability. They not only restore the appearance of a full smile but also promote oral health and overall well-being, making them an investment worth considering for those seeking a permanent solution to missing teeth.*

*Book a free consultation with one of our dentists, call us on 0191 259 6506.*