



Oral health for women

No matter what stage you're at in your adult life, good oral care keeps you healthy in many ways. Brushing, flossing, and regular dental checkups are key to a healthy smile. Here are some common oral health concerns and tips for optimal wellness.

Keep an eye on your mouth

Neglecting your teeth and gums can lead to infection, tooth loss, and worn down tissue and bone. Daily brushing and flossing can prevent these issues and keep teeth and gums healthy.

Watch out for:

- **Gum disease.** The buildup of plaque and tartar harbor bacteria that can lead to gum disease. It's important to get treated as soon as possible.
- **Vitamin deficiency.** The lack of nutrients can impact almost all parts of the mouth and result in cavities, gum disease, and tooth demineralization.¹
- **Untreated cavities.** If a cavity gets too deep to fill, you may need a root canal. The tooth's soft core will be removed and the root canal will be cleaned and sealed to prevent infection.

Tips for senior women

A healthy mouth can lower your risk of oral infections that may be associated with heart disease, osteoporosis, and other health problems.

Conditions that can affect oral health

- **Dry mouth.** Certain medications can cause dry mouth, which can lead to tooth decay and other oral problems because you don't produce enough saliva to rinse away bacteria.
- **Osteoporosis.** Osteoporosis and its early form, osteopenia, make your bones weak and brittle. Women past menopause have a higher risk and are three times more likely to lose a tooth than those without the condition.²
- **Mouth cancer.** Early stages of oral cancer often go unnoticed because there is no pain. Watch for open sores, white or reddish patches, and changes in the tongue and cheek lining.

Lower your risk of oral problems

Make sure to keep up with your dental hygiene. Brush twice a day, floss once a day, and visit the dentist regularly.

Visit [UnitedConcordia.com](https://www.UnitedConcordia.com) for more oral health tips.

1. Nutrition for oral health and oral manifestations of poor nutrition and unhealthy habits; Academy of General Dentistry; August 8, 2017. Retrieved April 2021. 2. Oral Health and Bone Disease; National Institutes of Health Osteoporosis and Related Bone Diseases National Resource Center; December 2018. Retrieved April 2021. Dental plans are administered by United Concordia Companies, Inc., and underwritten by United Concordia Insurance Company, United Concordia Insurance Company of New York, United Concordia Dental Plans, Inc., United Concordia Dental Plans of California, Inc., United Concordia Dental Plans of the Midwest, Inc., United Concordia Dental Plans of Pennsylvania, Inc., and United Concordia Dental Plans of Texas, Inc. For information about which companies are licensed in your state, visit the "Disclaimers" link at www.UnitedConcordia.com. Administrative and claims offices are located at 1800 Center Street, Suite 2B 220, Camp Hill, PA 17011 (888-884-8224).