

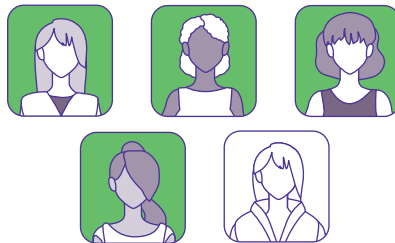


## Bridging the gap: Bringing menopause to the dental chair

### Empowering women through menopause: Why dental benefits matter.

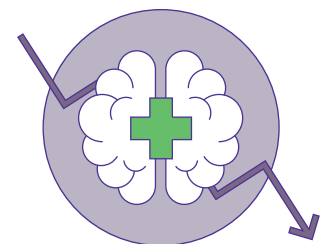
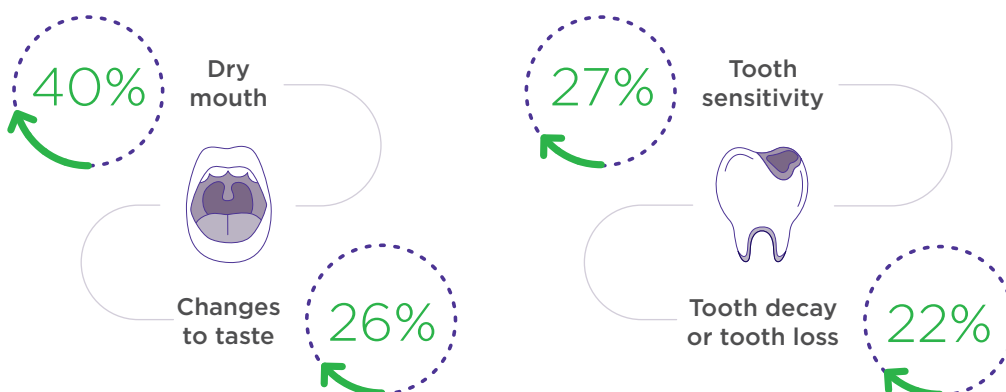
Menopause can significantly impact oral health, yet many women remain unaware of the symptoms and their effects. Offering menopause-specific dental benefits can support women's overall health, boost confidence and well-being, and encourage preventative action during this important life stage.

More than **4 in 5** women 40 years of age or older (**82%**) say they would be **more likely to schedule additional dental cleanings** if they were covered.



More than **4 in 5** women 40 years of age or older (**82%**) say they would be **more likely to stay on top of their oral care** if they had access to additional dental benefits.

Most women 40+ are **not aware of any menopause-related oral health symptoms** sometimes referred to as “menopause mouth,” yet many **report experiencing an increase in symptoms**:



**45%** of women 40+ say these symptoms, like tooth pain, dry mouth or gum inflammation, **negatively impact their confidence, mood or mental health.**



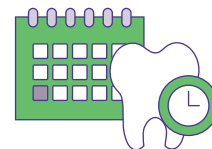
## Women want support beyond the dental chair – and will act when they get it

Education on menopause's impact on oral health will empower women:

**83%** of women 40+ say:

they would **prioritize scheduling** they're next dental visit.

having a **better understanding of connection** would encourage them to **stay up to date on dental check-ups**.



**74%** of women 40+ say having a **better understanding** of the connection between oral health and overall health would make them **more likely to discuss the impact of menopause on oral health with their dentist**.



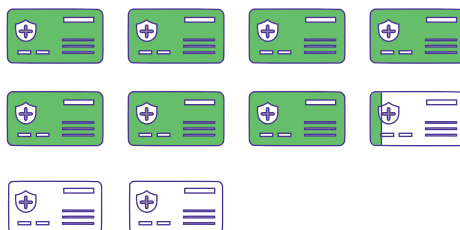
Menopause-specific dental benefits would make women more comfortable discussing impacts of menopause on oral health:



**68%** of women 40+ indicate they would be more inclined to **discuss the impacts** of menopause on oral health with their dentist if they **received a menopause-specific dental benefit** from their employer and/or insurance provider.

Having access to menopause-specific dental offerings will help initiate conversations about the connection between oral health and overall health during menopause and ensure women receive the comprehensive care they need during this important stage of life.

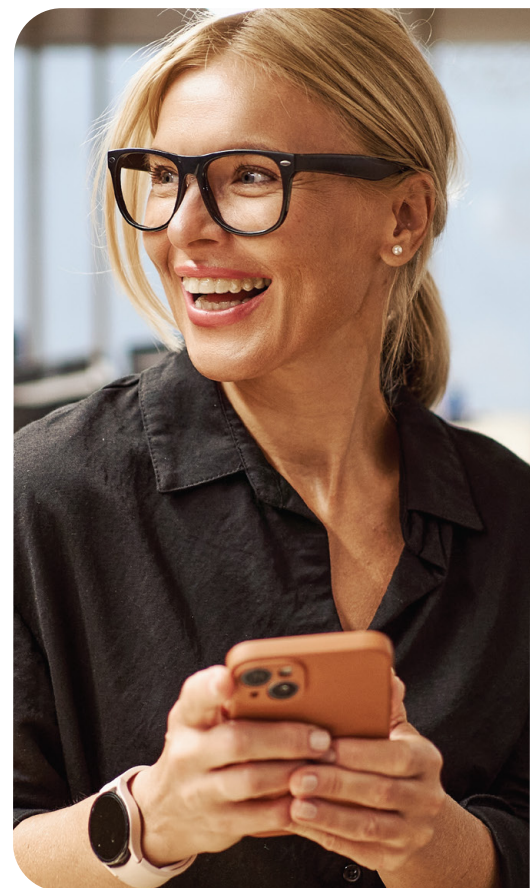
**71%** of women 40+ say they would **feel more comfortable asking** their dentist for more information if their **dental insurance provided additional benefits** like additional cleanings and visits with a holistic healthcare provider.



Women value holistic, integrated care and want it from their entire healthcare team



of women 40+ say they would be **more inclined to schedule a dental visit** if their **primary care provider or OB-GYN** discussed how menopause affects oral health.







## More dentists are talking about menopause. Let's keep the conversation going.

Although **dentists are more willing to initiate conversations** with their **female patients about the impact of menopause on oral health (45%)** compared to 2024 **(53%)**, there is still an **opportunity for more proactive communication**. Many dentists still say they won't discuss this topic unless their patients bring it up first.



**81%** of dentists say they would be **more inclined to proactively discuss the topic** of menopause with a female patient during a dental visit **if the patient were using a menopause-specific oral health benefit**.

**89%** of dentists say they would be more likely to **discuss menopause with their female patients** if they had access to **shared medical record data** (i.e., Electronic Health Record, not just a health history).



Dentists are eager to learn more

**83%** say they would like **more training related to the topic of menopause** to better support their patients.



## Delta Dental of California offers comprehensive, high-quality oral health care coverage to more than 31 million enrollees.

Learn more about the link between menopause and oral health at <https://ddins.co/menopause>

**Methodology:** Delta Dental of California commissioned Atomik Research to conduct an online survey of 1,511 women 40 years of age or older throughout the United States. In order to qualify for participation, all participants must indicate they are going through the following stages of menopause: perimenopause, menopause or post-menopause. Participants indicating that they were not sure which stage of menopause they were in or those who indicated they are not yet experiencing one of the three stages of menopause were excused from participation. The margin of error is +/- 3 percentage points with a confidence level of 95 percent. Fieldwork took place between June 25 and July 2, 2025.

Delta Dental of California commissioned Atomik Research to conduct an online survey of 200 dentists throughout the United States. The margin of error is +/- 7 percentage points with a confidence level of 95 percent. Fieldwork took place between June 25 and July 2, 2025.

Atomik Research, a part of 4media group, is an independent market research agency.

