



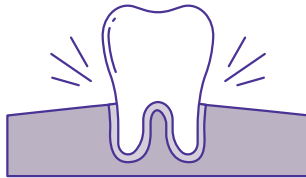
Breaking the stigma: Let's talk about menopause and oral health

An astounding **84%** of women 50+ don't know how menopause impacts their oral health.

Maintaining good oral health is important at any age, but people who will experience menopause need to be aware of how this stage of life impacts their oral health, and vice versa.

Women experience aging differently as they go through the stages of menopause.

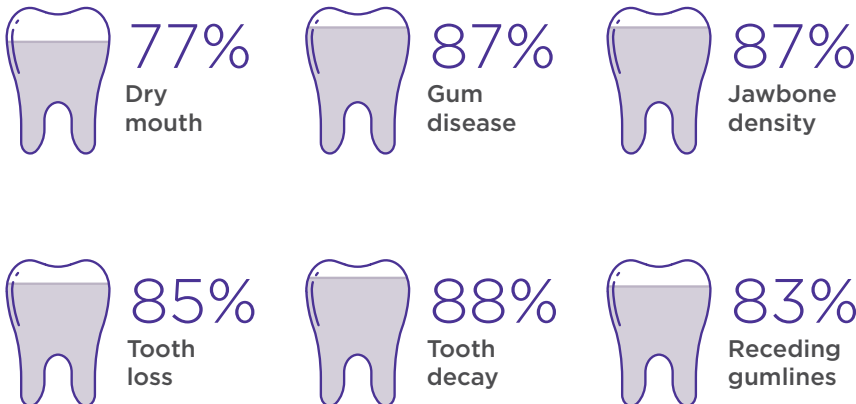
79% of women 50 and older say they have **noticed a change** in the appearance of their teeth and gums as they age.



70% of women 50 and older say they **regret not taking better** care of their teeth or gums when they were younger.

Menopause leads to changes throughout the entire body, including the mouth, yet most women are unaware of the connection between menopause and oral health.

A majority of women 50+ **didn't know** that menopause can increase the risks of:



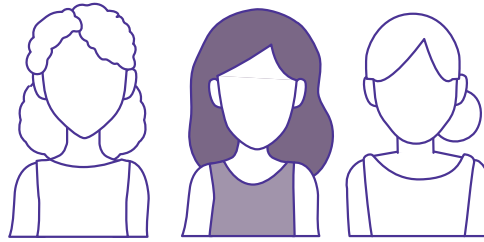
70% of women 50 and older say they **have noticed at least one of the following symptoms** since experiencing menopausal symptoms:

- Dry mouth
- Receding gumlines
- Tooth sensitivity, pain or tooth decay
- Reduced saliva production
- Bleeding gums
- Altered gums
- Burning tongue

Dry mouth and receding gumlines are the most frequently reported symptoms that women 50 and older have noticed since experiencing menopausal symptoms.

1 in 3 report experiencing dry mouth.

1 in 3 report they have noticed their gumlines receding.



Arming women with the right knowledge about their oral health is an important factor in promoting healthy aging and helping women make the best decisions for their oral health.



27% of women 50 or older say they can't find information or resources regarding menopause-related oral health concerns.

84% of women 50 and older say there should be more resources that provide information about the link between menopause and overall health.



Very few women 50 and older are communicating with a primary care provider about menopause-related concerns (both general and oral health-related), and even fewer are turning to their dentist to learn more.

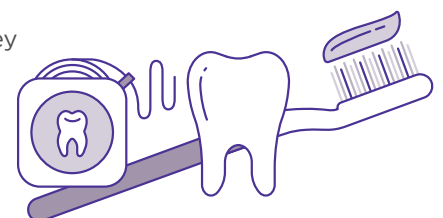
38% of women 50 or older say they have discussed their concerns about menopause with a primary care provider.



The frequency of general discussion about menopause between dentists and women 50 and older is nominal at best with only:

2% of women 50 and older stating they have discussed their menopause concerns with their dentist.

1% of women 50 and older stating they have discussed their concerns with their dental hygienist.



In fact, women 50+ turn to Google just as much as their primary care provider for information on menopause.

Women 50 or older say they are seeking information on their oral health concerns due to menopause from the following:



26%
Primary care provider

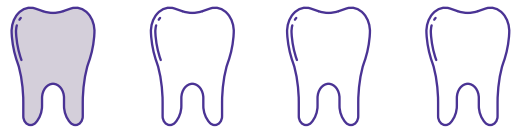


26%
Google



Stigma and avoiding open discourse around menopause doesn't help either.

1 in 4 women 50 or older feel the stigma around menopause should be broken.



44% of women 50 or older say they feel like menopause is a milestone, rather than a limitation.



Awareness has an impact.

After presenting further information about the impacts of menopause on oral health to the women participating in the study:



77% of women 50 and older say they will prioritize scheduling their next dental exam/cleaning.



54% of premenopausal, perimenopausal or menopausal participants indicate they will spend much more time on their oral health care routine.

Delta Dental offers comprehensive, high-quality oral health care coverage to more than 45 million of enrollees.

Learn more about the connection between menopause and oral health at deltadentalins.com

Methodology: Delta Dental commissioned Atomik Research to conduct an online survey of 1,061 U.S. women over, ages 50 and older. The margin of error of the sample is +/-3 percentage points with a confidence level of 95 percent. Fieldwork took place between July 24 and July 31, 2023. Atomik Research is a creative market research agency.

