

MAY 26

**WOMEN'S ORAL
HEALTH MONTH
PROTECTING YOUR
SMILE THROUGH
EVERY STAGE OF
LIFE**



Welcome to the May 2026 issue of the CareGuard Oral Health Bulletin. May is recognized in the United States as Women's Health Month, an opportunity to raise awareness about preventive care and healthy lifestyles.

Oral health is an important part of women's overall health. Throughout life, hormonal changes may influence the health of the teeth, gums, and other tissues of the mouth. Understanding these changes can help women make informed decisions and maintain healthy smiles at every stage of life.

This month's bulletin highlights practical, evidence-based information to support lifelong oral health.



WHY WOMEN'S ORAL HEALTH IS UNIQUE

Women experience several hormonal changes throughout life, including puberty, pregnancy, and menopause. These natural changes may affect the gums and other oral tissues, making preventive care especially important. Maintaining healthy teeth and gums contributes to overall well-being, nutrition, comfort, and quality of life. Good daily oral hygiene and regular preventive dental visits remain the foundation of lifelong oral health.

PREGNANCY AND ORAL HEALTH

Pregnancy is an important time to care for oral health.

Healthy gums support overall health during pregnancy.

Expectant mothers should:

- ✓ Brush twice daily using fluoride toothpaste.
 - ✓ Floss every day.
 - ✓ Stay well hydrated.
 - ✓ Eat a balanced diet.
 - ✓ Continue routine dental examinations and cleanings, as recommended by their healthcare providers.
- Inform both your dentist and your prenatal healthcare provider about your pregnancy so they can coordinate appropriate care.

MENOPAUSE AND ORAL HEALTH

As women age, hormonal changes may contribute to:

- Dry mouth
- Increased tooth sensitivity
- Changes in gum health
- Greater risk of cavities

Staying hydrated, maintaining daily oral hygiene, and receiving regular preventive care can help support oral health during this stage of life.



HEALTHY HABITS FOR EVERY AGE

Simple daily habits help protect your smile.

- Brush twice daily with fluoride toothpaste.
- Floss once every day.
- Drink plenty of water.
- Choose nutritious foods.
- Limit sugary snacks and beverages.
- Visit a dental professional regularly.
- Healthy habits remain effective throughout every stage of life.

DID YOU KNOW?

- Healthy gums help support overall wellness.
- Dry mouth can increase the risk of tooth decay.
- Daily brushing and flossing are among the most effective preventive measures.
- Preventive dental visits help identify problems before they become more serious.



NUTRITION AND ORAL HEALTH

A balanced diet supports healthy teeth and gums. Choose foods rich in:

- Calcium
- Vitamin D
- Vitamin C
- Protein
- Fiber
- Examples include:
- Dairy products
- Leafy green vegetables
- Fresh fruits
- Fish
- Beans
- Nuts (when appropriate)
- Water remains the healthiest beverage for both oral and overall health.

MYTH VS. FACT

MYTH

"Losing teeth is a normal part of getting older."

FACT

With good oral hygiene, regular preventive care, and healthy lifestyle habits, many people keep their natural teeth throughout their lives.

COMMUNITY RESOURCES

Affordable preventive dental services may be available through:

- Federally Qualified Health Centers (FQHCs)
- Community Health Centers
- Dental school clinics
- Local public health departments
- Medicaid dental programs (for eligible individuals)
- Women's community health organizations

Preventive care helps improve long-term oral health and overall well-being.



THIS MONTH'S HEALTHY SMILE CHALLENGE

THIS MONTH, COMMIT TO PROTECTING YOUR ORAL HEALTH

- ☐ **SCHEDULE A PREVENTIVE DENTAL EXAMINATION**
- ☐ **REPLACE YOUR TOOTHBRUSH IF IT HAS BEEN MORE THAN THREE MONTHS**
- ☐ **DRINK MORE WATER EACH DAY**
- ☐ **ENCOURAGE A FRIEND OR FAMILY MEMBER TO PRIORITIZE PREVENTIVE ORAL HEALTHCARE**
- ☐ **SHARE ONE ORAL HEALTH TIP WITH A FRIEND OR FAMILY MEMBER**

Small actions practiced consistently can lead to healthier smiles for a lifetime.

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