Women face unique oral health issues due to changes that occur throughout various life stages.

Changes in hormone levels affect the way women’s gums react to plaque. Gums may sometimes become inflamed, swell or bleed during menstruation, pregnancy, menopause and when taking certain types of oral contraceptives.

The best way to stay on top of your oral health during every stage of life is to brush twice a day, floss daily and see a dentist regularly.

A good dental plan provides you and your family the opportunity to work towards healthy smiles and access to a dentist you can trust. Ensure your dental coverage meets your oral health needs so you can Live Well, Smile More.

Learn more about oral health wellness at HawaiiDentalService.com or visit our blog at HawaiiDentalServiceBlog.com.