

# Dr. Little's Dental News

Presented by Jeffery Little, D.D.S.



## TREATING GUM DISEASE IN OLDER WOMEN

Postmenopausal women may find that they are more vulnerable to gum disease and tooth loss as a consequence of falling estrogen levels during menopause. As declining hormone levels increase (post)menopausal women's risk of developing the bone-thinning disease known as "osteoporosis," decreasing bone density in the jaw bones gives rise to a higher likelihood of tooth loss. While regular dental treatments can help maintain the health of a woman's teeth and gums, new research points to a way of addressing the underlying problem. According to a study of nearly 500 women between the ages of 50 and 87 years, estrogen therapy for a minimum of six months helped

reduce their risk of severe periodontitis by 44 percent.

Your overall health is affected by the health of your gums. Gum disease not only leads to bone and tooth loss, but it has also been shown to worsen other systemic health issues like heart disease, diabetes and some forms of cancer. To schedule an appointment, please call our office. Our team relies on the most modern technology as well as on friendly service to offer you the best and most comprehensive treatment.

P.S. All women at risk for osteoporosis should make it a point to schedule regular dental exams.

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*Dr. Little provides quality family and cosmetic dentistry.*

*His office is located at 344 Placerville Dr., Suite 19, Placerville.*

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