



LS Dental

Ipoh · Dr. Kent Teoh

PATIENT GUIDE

Menopause & your mouth

Changing hormones can leave the mouth drier, more sensitive, or oddly burning. These changes are real — and there's help.

● **Dry mouth**

● **Burning tongue**

● **Sensitive gums**

Why menopause changes things

The mouth's lining, gums, saliva glands and jawbone all respond to **oestrogen**. As it falls around menopause, the mouth can feel and behave differently — changes that are common, real, and often **overlooked**.

DRIER MOUTH

Less saliva — a **dry mouth**, altered taste, and a higher risk of decay and thrush.

SENSITIVE, SORE GUMS

Gums may feel **tender, dry or inflamed**, and react more to plaque than before.

BURNING OR TINGLING

A **burning or scalded feeling**, often on the tongue — even when the mouth looks normal.

BONE CHANGES

Falling oestrogen speeds **bone loss** — which can affect the jaw and the support around teeth.

You're not imagining it: these mouth changes are a recognised part of menopause — and most respond well to simple care.

Understanding **burning mouth**

Burning mouth syndrome is a **persistent burning or scalding feeling** — usually the tongue and lips — when the mouth looks completely normal. It's most common around menopause, and it can be **frustrating but manageable**.

● **What it feels like**

- Burning, scalded or tingling — often the **tip of the tongue**
- Tends to **build through the day**
- Taste changes; a dry or metallic feel
- Eating or distraction can ease it briefly

● **First, rule out look-alikes**

- Dry mouth or oral thrush
- Low iron, B12 or folate
- Diabetes or reflux
- Denture or allergy irritation

Reassurance: burning mouth syndrome is **not cancer and not contagious**. Once other causes are checked, treatment focuses on calming the nerves and easing the discomfort.

Care that helps

Most menopausal mouth changes ease with a mix of **dental care, comfort measures and treating the cause**. You don't have to simply put up with them.



Manage dry mouth — water, sugar-free gum, saliva gels



Gentle daily care + regular check-ups for gums & decay



Check for deficiencies (iron, B12) & treat thrush



Soothe a burning mouth — avoid spicy/acidic, ease stress

With your doctor: HRT and other treatments may help some symptoms — and mind your **bone health**, which supports the jaw and teeth too.

Worth a check-up

A dental visit can ease the discomfort and catch the changes that matter — especially gum and bone health, which quietly shift after menopause.

- **Book a check if you have**

- A burning or sore tongue that lingers
- Gums that bleed, recede or feel tender
- A persistently dry mouth
- New sensitivity or more decay than usual



Team approach: your dentist and doctor can work together — on the mouth, on nutrition, and on bone and hormone health.

Dry, sore or burning mouth lately?

You don't have to live with it — come in for a gentle check and a plan to feel comfortable again.



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