

Teenage Girls:

Protect Your Smile
During Hormonal Shifts!



Hormonal Changes = Hormonal Changes

Hormones can make your gums more sensitive & increase cavity risk
keep up with brushing & flossing.



Periods & Gums

Menstrual changes can cause swelling or bleeding gums. Watch your oral health during this time!



Acne Meds & Dry Mouth

Acne treatments may dry out your mouth, boosting cavity risk. Hydrate and use fluoride toothpaste



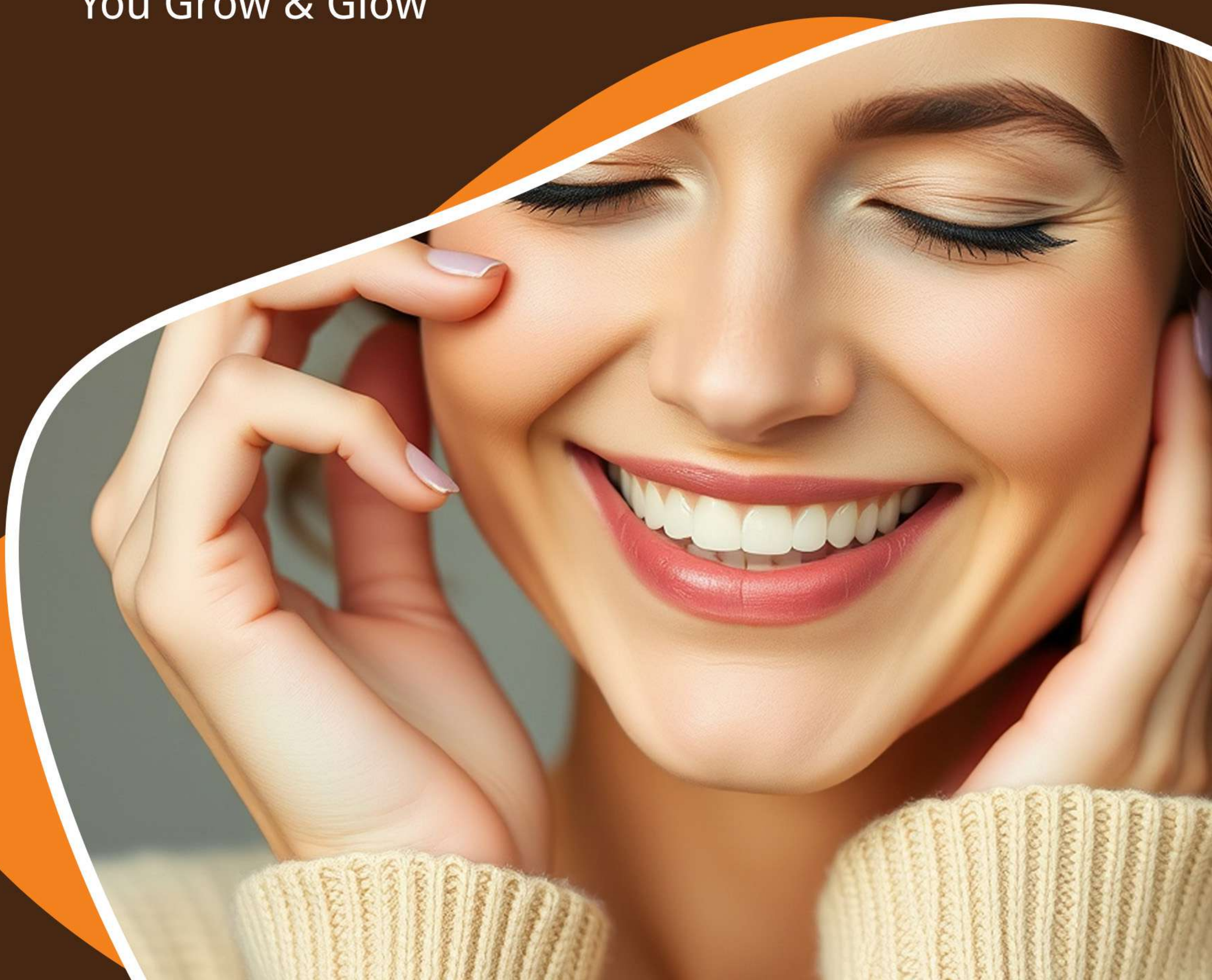


Stress & Teeth Grinding

Stress can cause teeth grinding & jaw pain—consider a mouthguard to protect your smile.

Tips

Keep Your Smile Healthy as
You Grow & Glow



Scan the **QR code**
for your weekly dose
of dental health updates

