The impact of menopause and HRT in gingival tissue and alveolar bone

Introduction: Menopause is an unavoidable change that every woman will experience, assuming she reaches middle age and beyond. Many women arrive at their menopause transition years without knowing anything about what they might expect. Hormonal changes during menopause influence oral cavity and women may experience unpleasant symptoms. The aim of this study is to show the effect of HRT in preventing the changes in gingival tissue and alveolar bone.

Methods and materials: We examined 64 menopause women aged from 49 to 64 years old. Half of them received HRT from 6 months to 2 years. We evaluated the gingival tissue, alveolar bone loss and by a questionnaire the mouth burning syndrome, xerostomia and altered taste perception. Osteoporosis evaluation was conducted by rheumatologic specialist.

Results: The gingival atrophy was present in 19 patients untreated with HRT and 3 patients treated with HRT. Xerostomia was present in 18 patients of the first group and in only 2 patients of the second group, while mouth burning syndrome and altered taste perception were not present in patients treated with HRT. We found a correlation between osteoporosis and alveolar bone loss. Hormonal changes during menopause may cause hypertrophic inflammatory changes, which were noted in 5 patient of the first group and 2 patients of the second group.

Conclusion: Hormonal changes during menopause effect gingival tissue and alveolar bone. HRT will improve significantly the clinical situation and symptoms of oral cavity in general. Osteoporosis correlates with alveolar bone loss.