



How Osteoporosis (bone thinning) affects your smile!

By Dr Matthew Fleming & Dr Dana Horng



When you smile, the world sees your teeth. To keep your teeth, good bone density in the jaw is essential, as bone forms the foundation and support for our teeth.

In 2007, the Journal of Periodontology found that there may be a connection between osteoporosis (bone thinning) and gum disease (periodontal disease). The study showed that women with gum disease were also more likely to suffer bone loss in the jaw, which can lead to tooth loss if not treated. A follow-up of study concluded that by controlling their gum disease, tooth loss could be significantly reduced.

Good bone density in the jaw is essential.

Without good bone density our teeth can become loose over time and eventually be lost.

Osteoporosis may lead to loose teeth, as the decrease in bone density of the jaw bone causes teeth to become unstable. It is believed that oestrogen deficiency and osteoporosis speed up the progression of oral bone loss following menopause.

Another study by the Journal of Periodontology concluded that oestrogen supplementation in women within five years of menopause slows the progress of gum disease. The study concluded that oestrogen supplementation may also lower



gum inflammation, and the rate of loss of the bone that supports their teeth, in women with signs of osteoporosis - thus helping to protect their teeth.

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