

## PATIENT RESOURCE

# 10 Questions to Ask Your Hygienist

**IF YOU HAVE PMOS / PCOS**

Taking control of your health means asking the right questions. If you are navigating the metabolic and hormonal shifts of **PMOS/PCOS**, your dental visit is an opportunity to find out if hormonal fluctuations are causing changes in your mouth. **Bring this list to your next appointment** to help your dental team see the full picture.

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Q1 — Q5

**A UNDERSTANDING INFLAMMATION & YOUR GUMS**

**1** Are my gums bleeding more than they should for the amount of plaque I have?  
Helps identify whether systemic insulin resistance is making your immune system hyper-reactive.

**2** Do my tissues look like they are healing normally, or do they appear stuck in a state of chronic inflammation?  
Chronic inflammation can have a significant impact on your overall health.

**B PROTECTING YOUR ENAMEL & MICROBIOME**

**3** Does my saliva flow look healthy, or are you seeing signs of chronic dry mouth?  
Can my hormones, stress levels or medications be affecting my saliva?

**4** Are the cavities I'm getting typical, or do they look like they are driven by blood sugar crashes and frequent carbohydrate cravings?  
Blood sugar fluctuations can directly impact your oral environment and cavity risk.

**5** What gentle, remineralizing products can we use to support a healthy oral microbiome?  
A balanced microbiome is key for long-term oral and overall health.

PATIENT RESOURCE — CONTINUED

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Q6 — Q10

## C EVALUATING AIRWAY & NERVOUS SYSTEM STRESS

**6** Do you see a scalloped edge on my tongue or wear on my teeth from grinding that I may not be aware of?

Women with PCOS have a higher risk of sleep apnea and upper airway resistance.

**7** Is there evidence of severe teeth clenching or enamel wear that points to jaw tension and a stressed nervous system?

Clenching and grinding can contribute to pain, inflammation, and enamel breakdown.

## D CONNECTING THE DOTS & NEXT STEPS

**8** How can we tailor my hygiene schedule and home care to better support my metabolic health, rather than just treating cavities as they appear?

Personalized care supports long-term balance and prevention.

**9** Are there specific whole-food or mineral-based nutritional shifts you recommend to help stabilize my oral environment?

Nutrition plays a powerful role in both oral and systemic health.

**10** Can you provide a brief summary of these clinical findings so I can look into this further and discuss with my NP/MD?

Collaboration between your dental and medical team leads to significantly better outcomes.

*Bringing Oral Care to Menopause Care — and Menopause Care to Oral Care.*