



Oral Health and Endocrine Disorders

Your oral health issue may be related to an endocrine disorder

What is the Endocrine System?

The endocrine system is a complex network of glands and organs that is responsible for producing and secreting hormones related to:

- Growth and development
- Sexual function and reproduction
- Sleep
- Metabolism regulation
- Mood
- Heart rate/blood pressure

Because of the vital functions this system plays in our body, it is important to help keep the endocrine system healthy by:

- Eating a balanced diet/drink plenty of water
- Exercising regularly
- Avoiding recreational drugs and alcohol
- Consulting with the doctor before taking any type of supplements



Treatments for Endocrine Disorders

Some endocrine disorders can be treated by balancing the imbalanced hormone. Severe cases may require surgery or radiation therapy; whereas mild endocrine disorders may not require treatment.

How Does the Endocrine System Affect Oral Health?

Endocrine disorders occur when there's a disease present that impacts the endocrine glands and functionality. Endocrine disorders can result in health complications in the oral cavity (mouth) which may include:

- Gum recession
- Gum inflammation
- Dry mouth/ Bad breath
- Tooth decay/tooth sensitivity

Children with an endocrine disorder may experience underdevelopment or slowed growth; examples include impaired tooth eruption or an underdeveloped jawbone. Oral changes and symptoms can help a general dentist identify endocrine disorders during regular exams, improving dental and overall care management.



For more oral health information, please visit our website at www.bcbsfepdental.com.



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