Prioritizing oral health may improve overall wellness for women with endometriosis



CAMP HILL, Pa. (March 18, 2025) – Endometriosis affectsover 6.5 million women in the U.S. and impacts more than reproductive health. During Endometriosis Awareness Month in March, United Concordia Dental emphasizes the vital role of oral care in managing this disease.

Endometriosis is a condition that causes tissue to grow in places outside the uterus, such as the ovaries, fallopian tubes or intestines, leading to pain and other health complications.

"We're learning more about a potential link between endometriosis and oral health through emerging research," said Katie Deffke, DDS, dental director, United Concordia Dental. "These findings suggest that addressing dental issues may be beneficial as part of a broader approach to managing this chronic condition."

Here are four reasons why prioritizing a healthy mouth is key for women diagnosed with endometriosis:

- **Elevated risk of gum disease**. A 2018 *Journal of Human Reproductive Sciences* study indicated that women with endometriosis have a greater risk of gum problems, specifically periodontitis, an infection that can damage the soft tissue around the teeth. While this study's observations are limited due to its small sample size, other research supports these findings. A larger 2008 National Health and Nutrition Examination Survey found a 57% increased likelihood of gum disease among women who reported endometriosis.

- **Potential for other endometriosis-related oral issues.** Some women with endometriosis experience a range of oral health issues beyond gum disease. These can include teeth grinding and problems with the temporomandibular joint (TMJ), affecting jaw movement.

- **Worsening of endometriosis symptoms**. Both endometriosis and gum disease can cause widespread inflammation throughout the body. This may contribute to increased pain, bleeding and other complications. More research is needed to understand this relationship.

- **Increased chance of systemic complications.** Poor oral hygiene and gum disease are associated with other serious health problems, such as diabetes, heart disease and Alzheimer's. When multiple systemic conditions are present, they can interfere with the management of endometriosis, negatively impacting long-term health outcomes.

"The role of proactive dental care in managing chronic diseases like endometriosis should not be overlooked. Prioritizing good oral hygiene habits, including brushing, flossing and regular visits to the dentist, can make a difference in a woman's overall health journey," said Deffke.

For more on oral health, visit the Wellness Resources section at UnitedConcordia.com. Sign up to get the latest company news.

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