

***Puberty, Pregnancy and Menopause:  
Oral health throughout the lifespan of women***

Presented by Sue Scherer M.Ed., RDH

**Date:** Wednesday April 29<sup>th</sup> 2026    **Time:** 7-9pm    **Location:** ZOOM Link to be sent day before the meeting  
**2 CEU's** will be issued for this course

**Course description:**

Different stages in women's lives may cause them to be more susceptible to oral health problems. Puberty, pregnancy and menopause are three of the stages that women have a greater risk of having oral health concerns due to changes in hormone levels. Some of the problem's women may experience during these life stages are gingivitis, periodontitis, xerostomia, tooth mobility, tooth loss and tooth decay. This course will provide an overview of these three life stages and review how dental professionals can come along side of patients to provide optimal oral health throughout the lifespan.

**Learning Objectives:**

1. Identify the hormonal changes during puberty, pregnancy and menopause.
2. Recognize the oral health concerns that occur because of hormonal changes.
3. Examine safe and effective oral health care to women in each unique stage of life.
4. Investigate homecare education throughout each unique stage of life.
5. Increase awareness of the unique circumstances that may present for female dental professionals during different life stages –i.e. pregnancy, maternity leave and nursing, and the workplace rights that are in place to ensure a safe working environment for the oral health provider.

**Name:** \_\_\_\_\_

**ADHA #** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

(please print clearly)

Telephone number (cell preferred): \_\_\_\_\_

**Payment**      (Venmo or Check)

**Check #** \_\_\_\_\_



**Make Checks payable to: BCDHA and mail to:**

|                         |                |                                 |
|-------------------------|----------------|---------------------------------|
| Tracy Marsh             | <b>\$15.00</b> | <b>BCDHA/NJDHA/ADHA members</b> |
| 9 Beechwood Road        | <b>\$30.00</b> | <b>Non-Members</b>              |
| West Caldwell, NJ 07006 | <b>\$5.00</b>  | <b>Students</b>                 |

**Once registered, no refunds. No registrations after Monday, April 27th**

**Hop on the Zoom Early!!!!**

**Prior to the course-** Please join us for an Executive Committee meeting during which we will report the outcomes of balloting and the potential for volunteerism in Bergen, ratification of minutes, and potential bylaws changes