

THURSDAY DECEMBER 1, 2026 6-7:30PM MST

On-line (Zoom)

Passion U Hygiene Case Study Club

Menopause, Hormones and Oral Health

Join Brandy and Allison in this dynamic Hygiene Case Study Club session exploring the oral health implications of perimenopause and menopause! Discover key hormonal changes and their effects on the oral cavity—including xerostomia, periodontal risks, and mucosal alterations—along with important links to systemic concerns like osteoporosis and cardiovascular health. We'll examine the history of Hormone Replacement Therapy (HRT), moving from past cautions after the WHI findings to current evidence supporting its safe use for symptom relief, bone protection, and longevity benefits in appropriate candidates. Through an engaging overview, practical management strategies, and real-world case studies, you'll gain empowering, evidence-based tools to better support patients navigate these midlife changes with optimal oral health.

LEARNING OBJECTIVES

- Describe the biological and hormonal changes associated with perimenopause and menopause and their evidenced impacts on oral health, including common manifestations such as xerostomia and periodontal alterations.
- Identify the interconnections between menopausal changes, systemic risks (e.g., osteoporosis and CVD), and oral conditions to enhance comprehensive patient screening.
- Summarize the historical context and current evidence regarding HRT, including updated safety profiles and potential oral health implications for patient education.
- Apply practical, evidence-based strategies for managing oral health changes related to menopause and aging in clinical practice



Brandy Husted
RDH

Brandy Husted is a Registered Dental Hygienist with more than 30 years of clinical experience and a passion for helping dental professionals build confidence through practical, evidence-based education. Throughout her career, she has combined hands-on clinical practice with mentorship, coaching, and continuing education to support dental teams in delivering exceptional patient care.

As a faculty member with Passion U and a Clinical Consultant with Passion Dental Group, Brandy mentors hygienists and dental teams in clinical excellence, patient communication, periodontal assessment, implant maintenance, instrumentation, radiography, and preventive care. She is known for translating current research into practical strategies that clinicians can immediately apply in everyday practice.

Brandy previously spent eight years as a Clinical Trainer with Acteon North America, educating dental professionals across Western Canada on advanced ultrasonic instrumentation and minimally invasive periodontal therapy. Her commitment to lifelong learning and clinical excellence has made her a trusted educator and mentor for both new graduates and experienced clinicians.

SCAN TO REGISTER



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