

NUTRICON

BOOK OF ABSTRACTS

Food Quality and Safety,
Health and Nutrition

NUTRICON 2018
13-15 June, 2018
Ohrid, Macedonia

ISBN 978-608-4565-12-3

**Congress on Food Quality and Safety,
Health and Nutrition - NUTRICON 2018**

Editor:

Vladimir Kakurinov, Prof. Dr

Abstracts/Paper Review

All abstracts and papers are reviewed by the International Board of Reviewers

Publisher:

Consulting and Training Center KEY
Sv. Kiril i Metodij, 52-1/3
1000 Skopje, Republic of Macedonia

Cover and Graphic Design

Boris Kakurinov,
Consulting and Training Center KEY, Skopje, Republic of Macedonia

Printed by

Kontura, Skopje, Republic of Macedonia

Edition:

150

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CIP - Каталогизација во публикација
Национална и универзитетска библиотека "Св. Климент Охридски", Скопје

663/664(062)(048.3)

613.2(063)(048.3)

BOOK of abstracts (NUTRICON) / [Editor Vladimir Kakurinov]. -
Skopje: Consulting and training center - Key, 2018.
187 стр. ; 24 см

ISBN 978-608-4565-12-3

- а) Храна - Биотехнологија - Собири - Апстракти
- б) Нутриционизам - Собири - Апстракти

COBISS.MK-ID 107365130

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XI. PUBLIC HEALTH, NUTRITION, CHRONIC DISEASES

THE EFFECT OF PERGA ON THE TESTICULAR OXIDATIVE PROFILE OF ZUCKER DIABETIC FATTY RATS <i>Eva Tvrdá, Michal Ďuračka, Mária Suková, Gabriela Valentová, Katarína Zbyňovská, Anna Kalafová, Monika Schneidgenová, Marcela Capcarová</i>	167
--	-----

PERGA (BEE BREAD) IMPROVES THE OXIDATIVE PROFILE OF TESTICULAR TISSUE IN OBESE DIABETIC RATS <i>Michal Ďuračka, Mária Suková, Gabriela Valentová, Katarína Zbyňovská, Anna Kalafová, Monika Schneidgenová, Marcela Capcarová, Eva Tvrdá</i>	169
---	-----

FOOD, EATING HABITS AND DIGESTIVE FUNCTION <i>Nizama Salihefendić, Muharem Zildžić, Midhat Jašić</i>	171
--	-----

THE ROLE OF DIET AND NUTRITION TRENDS IN THE PREVENTION AND TREATMENT IN CANCER PATIENTS <i>Dzengis Jasar, Katerina Kubelka-Sabit, Vanja Filipovski, Biljana Curcuk-Trajkovska, Aleksandar Sajkovski</i>	173
--	-----

THE POSSIBILITY OF SATISFYING VITAMIN C DAILY NEEDS BY CONSUMING FRESH ORANGE AND GRAPEFRUIT <i>Ivana Jevtic, Dragana Ilic Udovicic, Mijic Ljubica, Ana Matic</i>	174
---	-----

XII. ORAL/DENTAL HEALTH AND NUTRITION

THE INFLUENCE OF DIETARY HABITS ON DENTAL HEALTH: CONSUMPTION OF ACIDIC FOOD/DRINKS AND DENTAL EROSION <i>Vlatka Njari, Bela Njari, Željko Verzak</i>	177
---	-----

INFLUENCE OF PREGNANCY ON ORAL HEALTH <i>Katerina Zlatanovska, Ivona Kovacevska, Natasa Longurova, Kiro Papakoca, Julija Zarkova-Atanasova, Mihajlo Petrovski</i>	179
---	-----

DENTAL HEALTH, LARYNGOPHARYNGEAL REFLUX DISEASE (LPRD) AND FOOD <i>Adis Salihefendić, Nizama Salihefendić, Muharem Zildžić, Emir Čabrić</i>	180
---	-----

HYGIENE IN THE ORAL CAVITY AND IN THE FOOD PRODUCTION <i>Igor Kirovski, Vladimir Kakurinov</i>	182
--	-----

XIII. HEALTHY NUTRITION AND NUTRITION FOR COLLECTIVITIES

NUTRITIONAL PROPERTIES AND HEALTH EFFECTS OF SOME BEEKEEPING PRODUCTS <i>Ceren Mutlu, Cihadiye Candal, Mustafa Erbaş</i>	185
--	-----

IMPROVING THE FOOD MENU FOR PRIMARY SCHOOL WITH VANILA FUD OPERATOR <i>Valentina Pavlova, Nadica Ilievska, Vera Kirovska, Martina Pavlovska, Jovana Ilievska</i>	186
--	-----

INFLUENCE OF PREGNANCY ON ORAL HEALTH

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Abstract

Maintaining good oral hygiene during pregnancy is extremely important because it is a period in which we have changes in hormone levels and the oral tissue is more sensitive to dental plaque. The aim of this study was to evaluate the oral health status in pregnant females attending private dental offices in East Macedonia.

A total of 60 subjects were conducted in this study, divided in two identical groups as follows: group 1 - pregnant females and group 2 - control group of age-matched non pregnant females. Clinical examination of dental condition was conducted using basic diagnostic tools like dental mirror and periodontal probe. A specific self-reported questionnaire to collect information on patient's oral health was also implemented in the study. Statistical analysis was performed by using paired sample t-test from Statistical software SPSS for Windows version 23. A p-value < 0.05 was considered as statistically significant.

We registered a significantly higher periodontal disease in pregnant women ($p \leq 0.05$) compared to control group. At the same time we found that age, education and poor oral hygiene directly endanger oral health. Most of the patients were not aware that pregnancy is time when they need to take additional particular care of their teeth and gums. The most common problem in pregnant patients was diagnosed with bleeding gums. This condition is especially noticeable in the first trimester of pregnancy and we believe that due to increased hormone levels (estrogen and progesterone).

The study emphasize the need for cooperation between dentists and gynecologists, mandatory including routine dental checkups followed by adequate education and instruction for oral hygiene maintenance in pregnant females.

Key words: Oral hygiene, Dental care, Pregnancy.