

INFLUENCE OF PREGNANCY ON ORAL HEALTH



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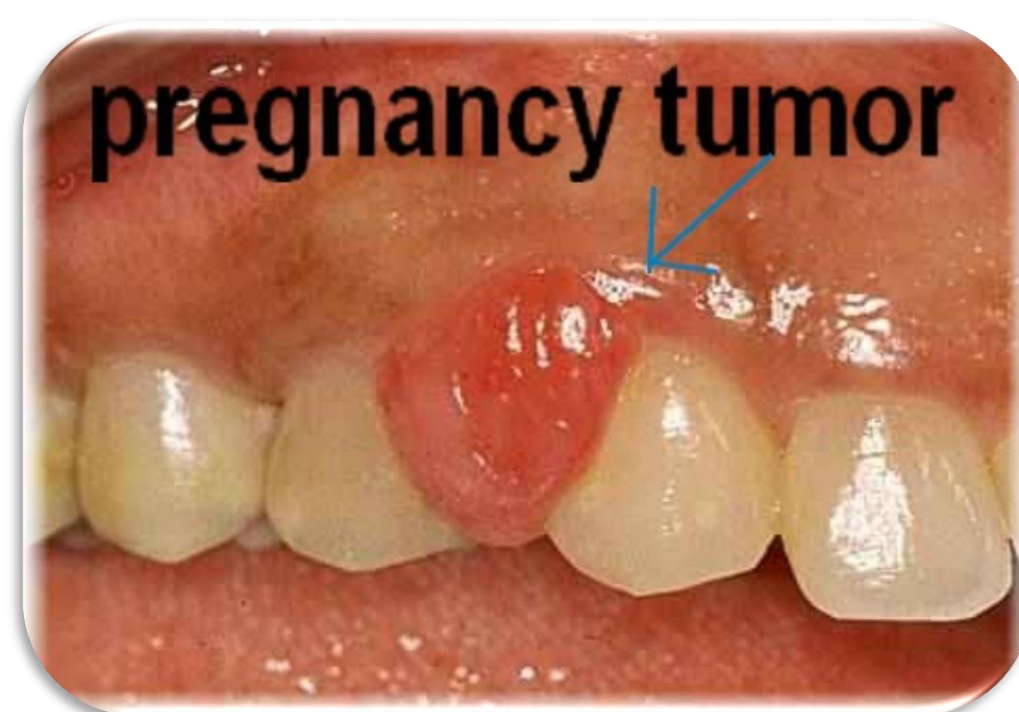
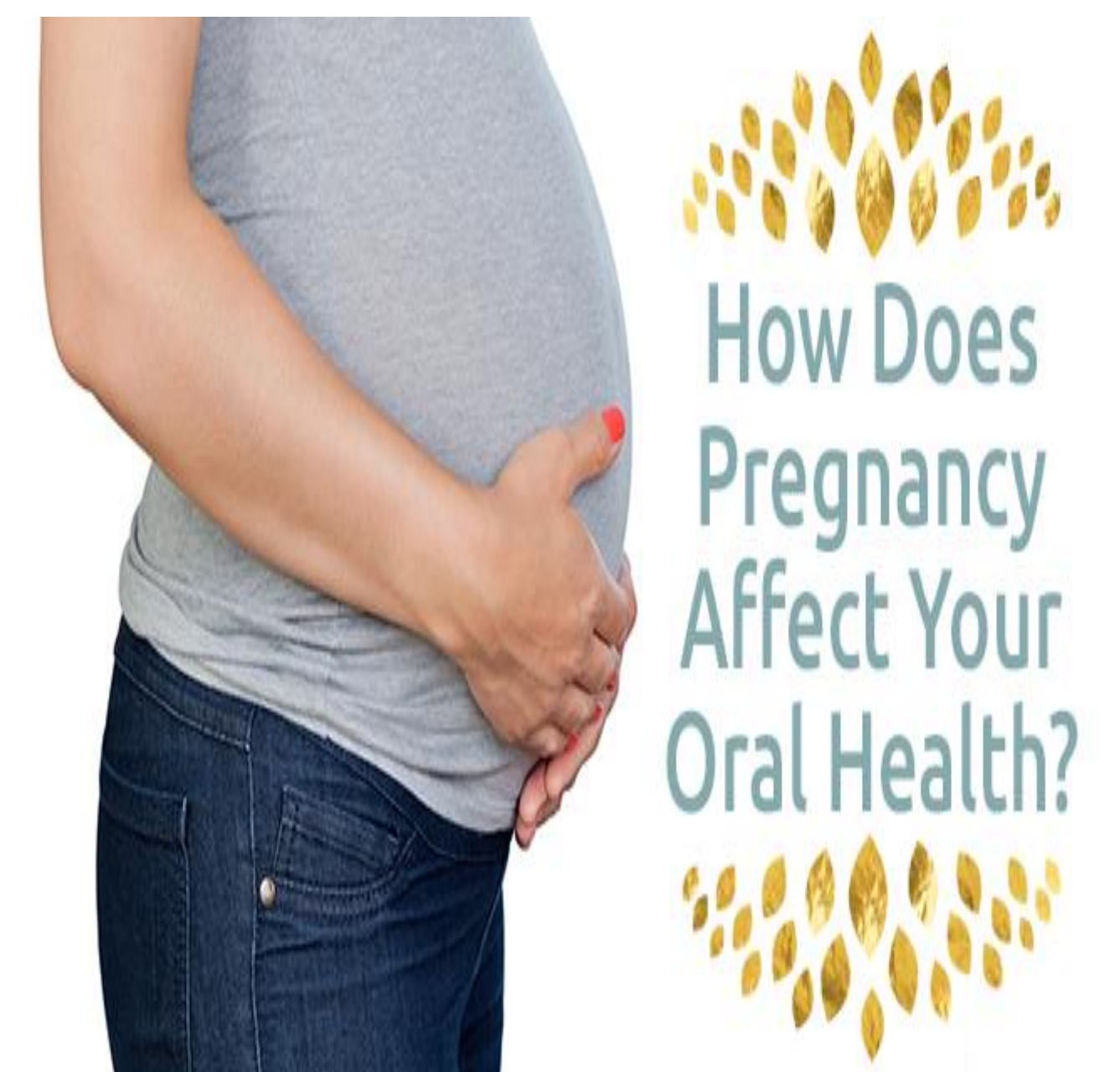
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Introduction

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.

Methods and materials

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.

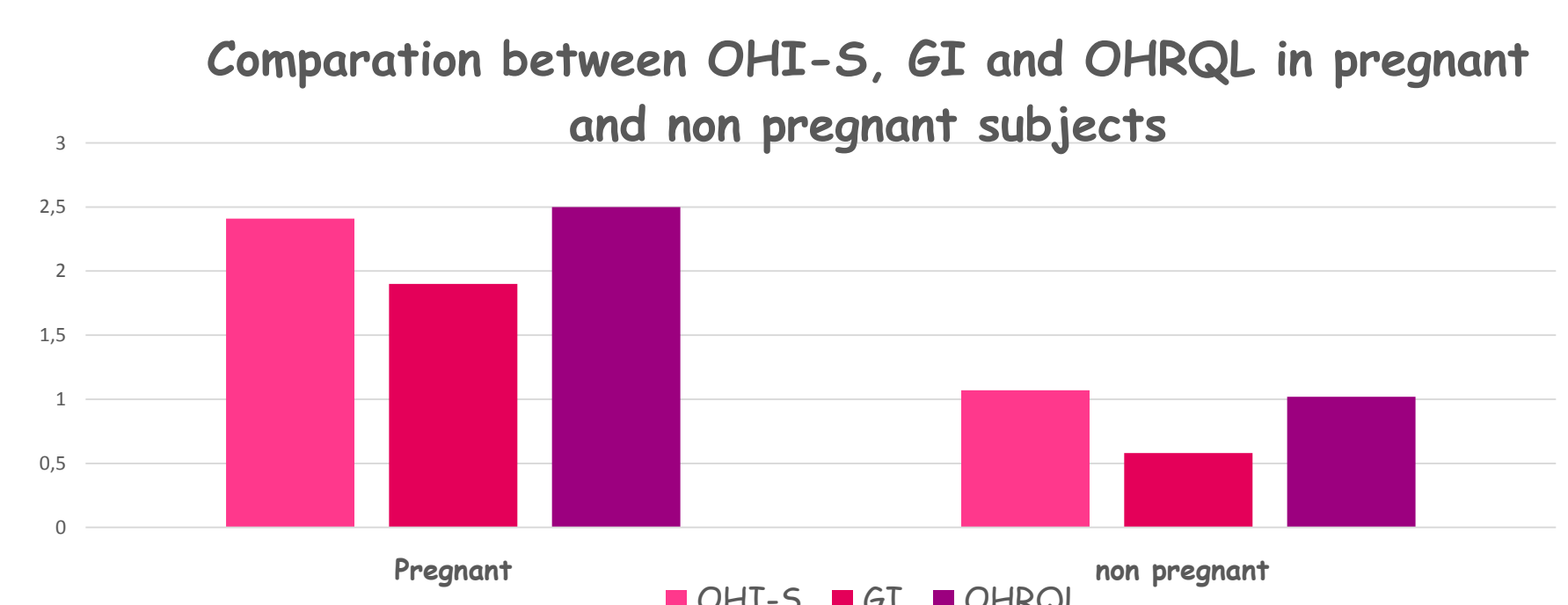


Age	Pregnant		Non pregnant		Total	
	n	%	n	%	n	%
25-29	7	23.3	6	20	13	21.7
30-34	17	56.7	10	33.3	27	45
35-39	6	20	14	46.7	20	33.3
Total	30	100	30	100	60	100

	OHI-S	GI
	Mean	Mean
1 st trimester	1.12	0.85
2 nd trimester	1.72	1.53
3 rd trimester	2.41	1.90
Non pregnant	1.07	0.58
p-value	0.003	0.006

Results

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).



Conclusion

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