

THE MOST FREQUENT SUBJECTIVE COMPLAINTS OF PREGNANT WOMEN REGARDING THEIR PERIODONTAL HEALTH

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INTRODUCTION

- ❖ **Pregnancy causes numerous changes in the physiology of the female patient. These changes are sometimes subtle, but can lead to numerous complications if appropriate measures are not taken during dental treatment.**
- ❖ **Pregnant women can develop a wide range of oral health conditions that can be detrimental to their health and the future of their baby.**
- ❖ **While pregnancy itself is not a risk factor for periodontal disease, gingival and periodontal disorders have been well documented among pregnant woman during the second and third trimesters of pregnancy. Therefore, it is important for pregnant women to achieve adequate plaque control and have the opportunity to perform preventive periodontal treatment.**

INTRODUCTION

- ❖ Oral changes during pregnancy include: the appearance of gingivitis, gingival hyperplasia, pyogenic granuloma, changes in salivation, increased facial pigmentation and others. Increased levels of circulating estrogen, which leads to increased capillary permeability, predispose pregnant women to gingivitis and gingival hyperplasia.
- ❖ Pregnancy itself does not lead to the appearance of periodontitis, but it can worsen the condition if it already exists.
- ❖ Due to increased salivary estrogen levels, proliferation and desquamation of oral mucosal cells provide a favourable environment for bacterial growth, predisposing pregnant women to dental caries and periodontitis. Patients are advised to maintain good oral hygiene to reduce or prevent the progression of inflammatory oral changes associated with hormonal levels.

INTRODUCTION

- ❖ Morning sickness and nausea associated with pregnancy can also significantly affect oral, dental, and periodontal health. However, morning sickness often resolves after the first trimester, and women can receive dental treatment after that period, just like any other female patient.
- ❖ Gingivitis or periodontitis that is present before pregnancy may be the cause of increased sensitivity to certain stimuli, due to an already affected soft tissue infection. Gingival recession is most often associated with the occurrence of dentinal hypersensitivity.
- ❖ The oral flora remains relatively stable during pregnancy. However, pregnancy is associated with a specific composition, but also with an abundance of oral microorganisms compared to the postpartum period. The oral microflora during pregnancy is thought to be influenced by a number of oral and systemic conditions.

INTRODUCTION

- ❖ Oral bacteria entering the bloodstream and amniotic fluid can cause amnio chorionic infection, which is a major risk factor for premature birth.
- ❖ The inadequate pregnancy outcome associated with periodontal disease is most commonly preterm birth, which has been a frequently investigated issue in numerous studies worldwide over the past 20 years.
- ❖ Medical treatment for periodontal disease, where daily use of chlorhexidine mouthwash has been shown to be associated with a reduced rate of preterm birth

MAIN AIM

Based on the possible connection between pregnancy and periodontal health, as well as the large number of complaints by pregnant women about their periodontal health, the main goal of this investigation was set - to assess the subjective complaints related to periodontal conditions among pregnant women.

- ✓ To determine the prevalence of subjective changes such as itching and burning (burning) of the gingiva
- ✓ To determine the subjective prevalence of dental hypersensitivity of the teeth
- ✓ To determine the presence of bleeding of the gingiva during tooth brushing
- ✓ To determine the presence of halitosis
- ✓ To determine the existence of certain oral pathological changes that were noticed by the respondents themselves
- ✓ To determine the occurrence of hypermobility of the teeth that was noticed subjectively by the patients
- ✓ To determine the presence of changes in the gingiva such as changes in the colour or the colour of the gingiva.



MATERIAL AND METHOD

To fulfill the goal of the research, an anonymous survey on 40 pregnant women was conducted.

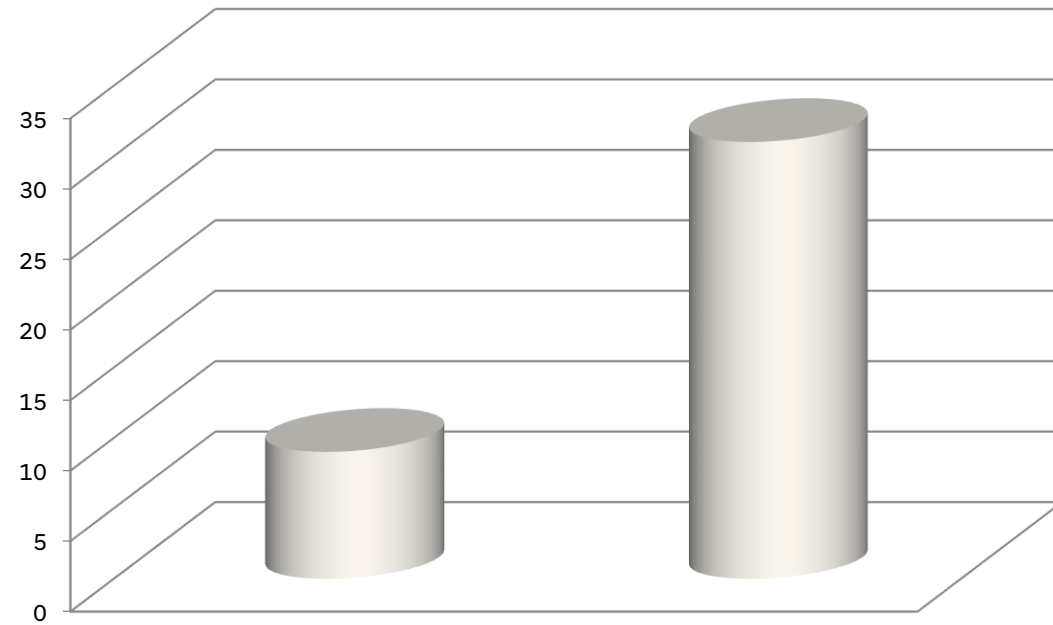
The research was conducted in Skopje, Republic of Macedonia, within four specialist gynaecology and obstetrics clinics.

It was an anonymous survey that included 40 pregnant women, whose trimester was not considered.

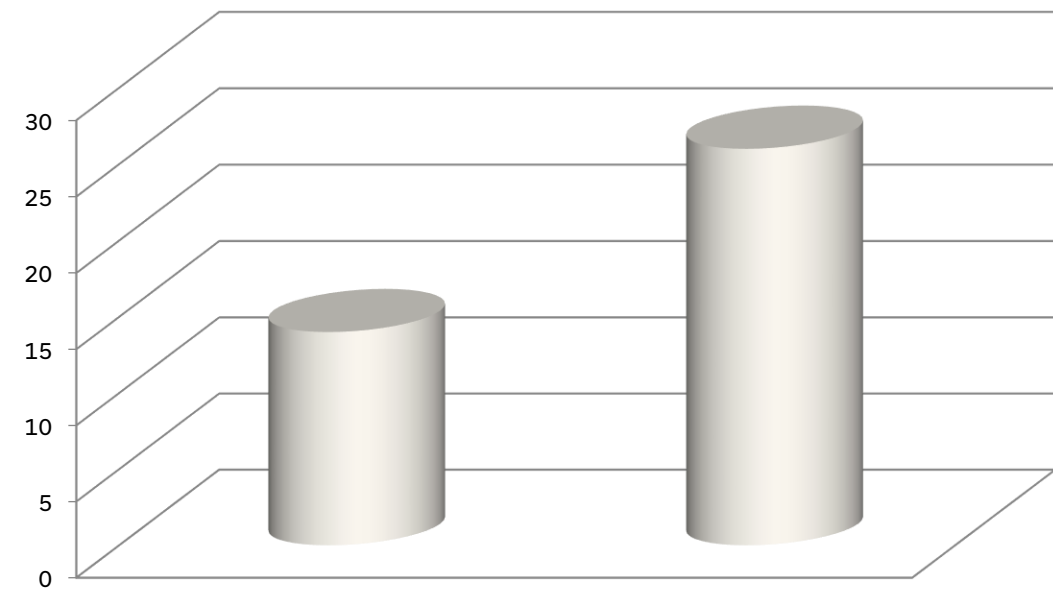
General assessment of subjective difficulties related to the periodontium, a survey questionnaire was prepared in which the most common changes described and presented in contemporary literature as possible occurrences or complications were entered.

RESULTS

1. Have you noticed severe burning/itching of your gums during pregnancy due to morning sickness?

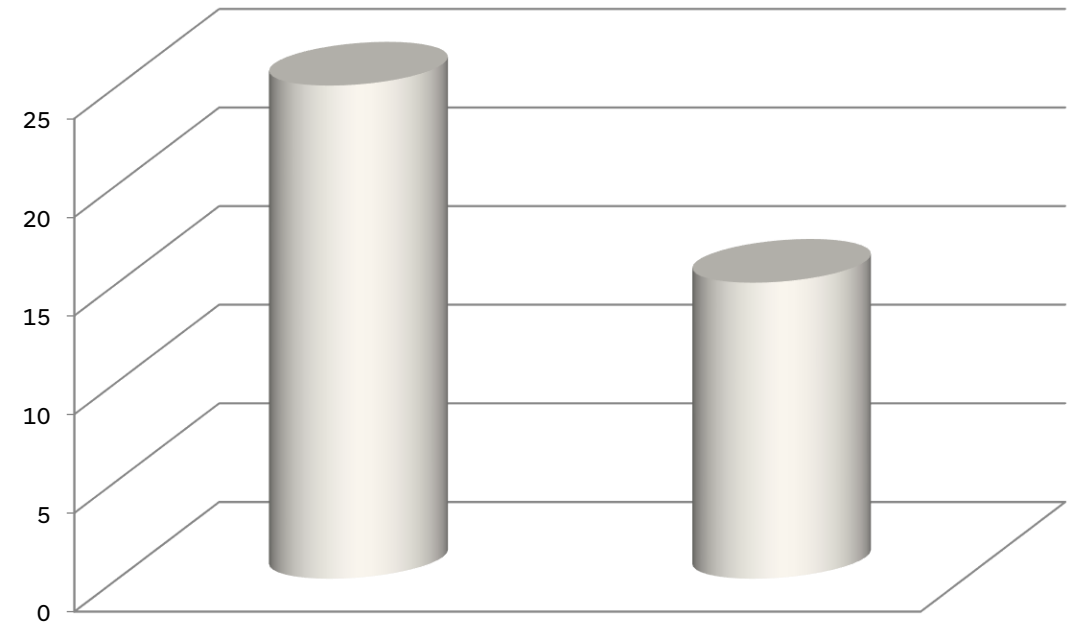


2. Have you noticed increased sensitivity of your teeth to hot, cold, sour, or mild foods during pregnancy?

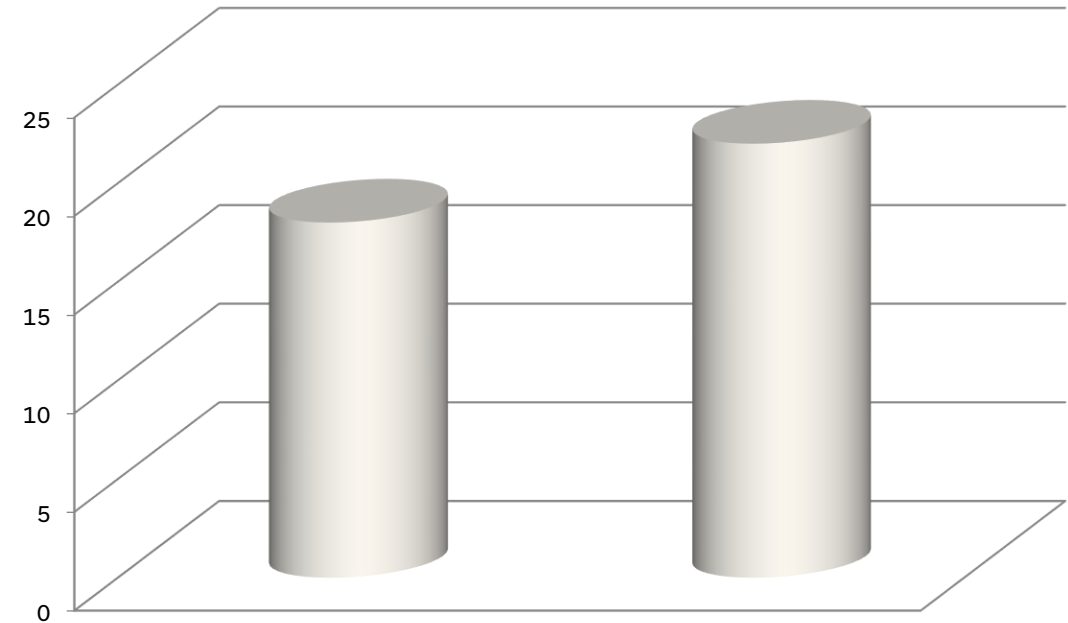


RESULTS

3. Have you noticed bleeding gums when brushing your teeth?



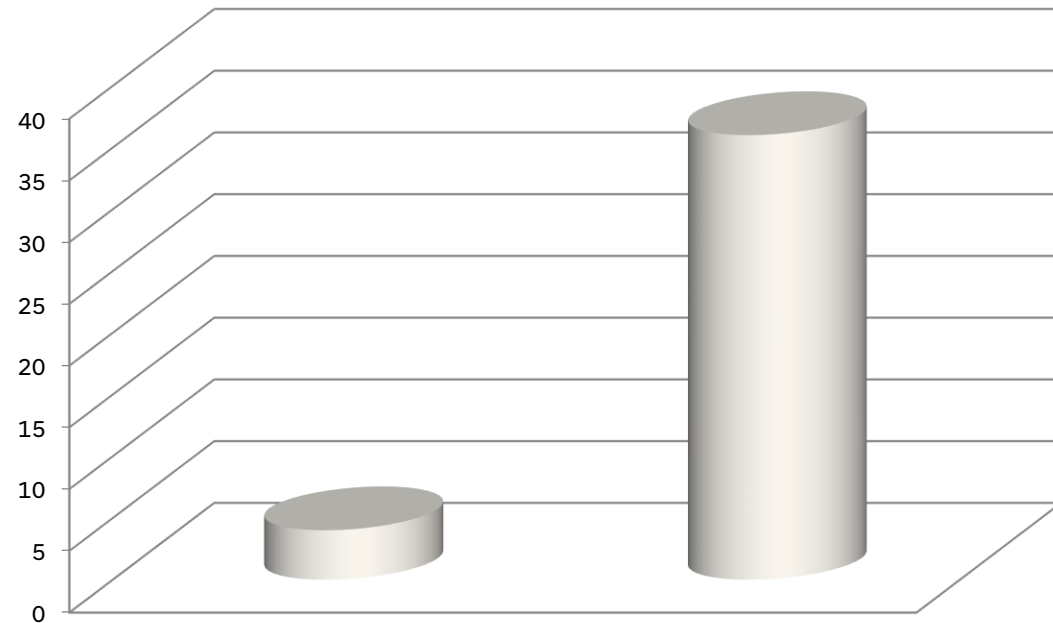
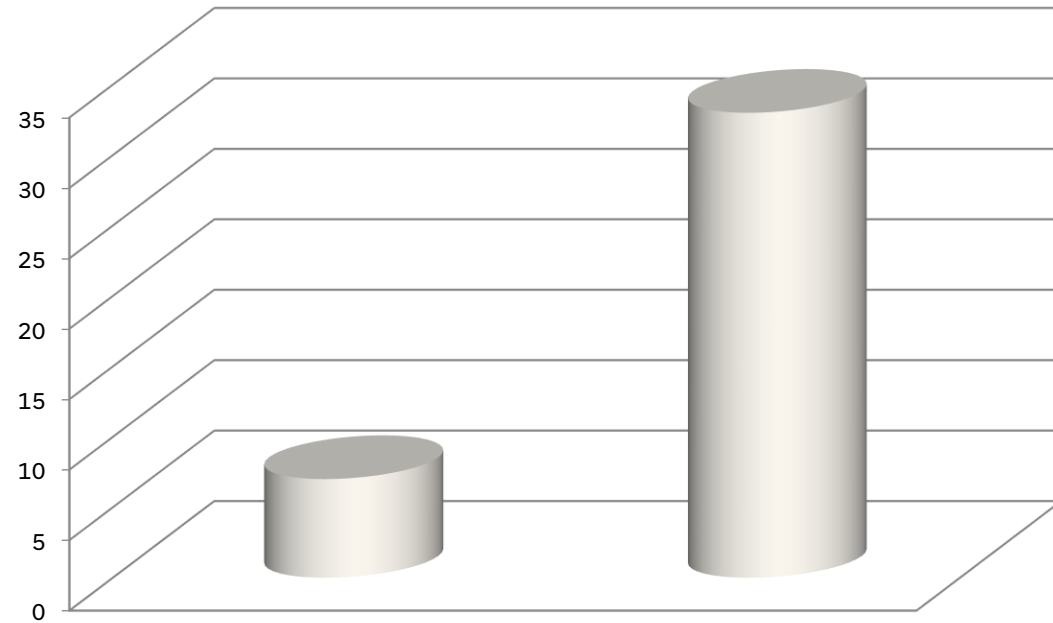
4. Have you noticed an unpleasant odor from your mouth?



RESULTS

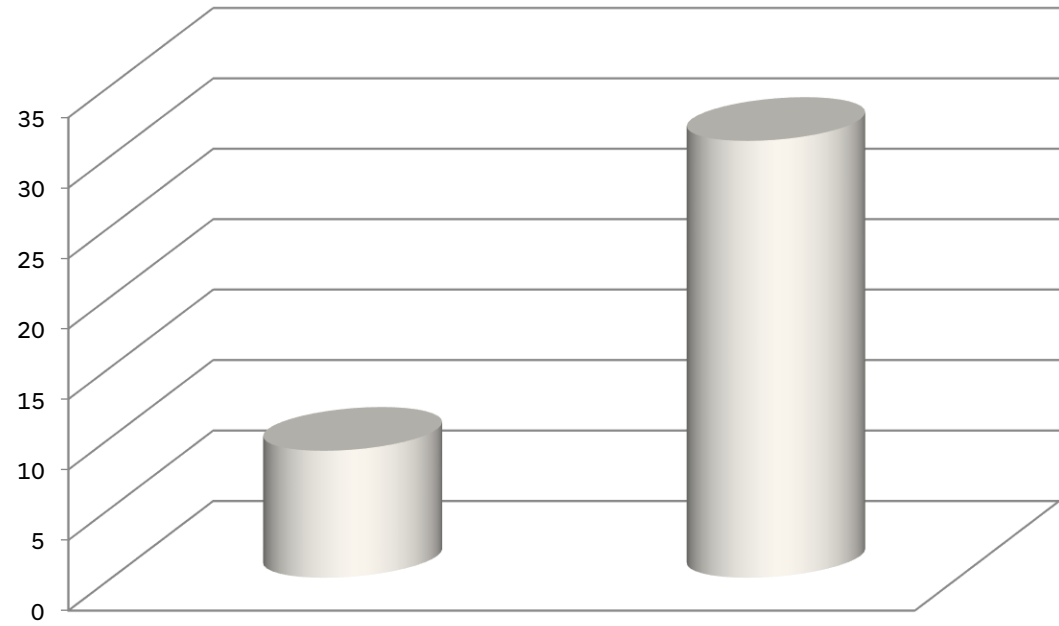
5. Have you noticed any changes in your mouth (tongue, cheek, gums), if yes, which ones?

6. Are your teeth more mobile during pregnancy?



RESULTS

7. Have you noticed any changes in your gums such as swelling or discoloration?



CONCLUSION

- ❖ The changes are usually limited to the gingiva and diminish or disappear within a few months after delivery if local irritants are eliminated. Fortunately, most pregnancy-related effects on oral health can be avoided by maintaining good oral hygiene.
- ❖ This data further highlights the importance of planning, creating and implementing an appropriate preventive program and education of pregnant women to improve their oral health.
- ❖ A significant conclusion drawn from this study is the fact that gingival bleeding during brushing is over 50%, which is a worrying factor considering that the respondents belong to a relatively young population during the pregnancy period.
- ❖ This further highlights the importance of planning, creating and implementing an appropriate preventive program and educating pregnant women to preserve and improve their oral health.



THANK YOU FOR YOUR ATTENTION

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