

ABSTRACT

Background

The effects of pregnancy on periodontal condition have been reported by a number of researchers but few studies have assessed oral hygiene practices related to periodontal diseases in pregnant women.

Objectives

The aim of this investigation was to compare the prevalence and severity of periodontal diseases in pregnant and non pregnant women of 20-30 years of age and to compare their oral hygiene practices.

Methods

The study was a comparative cross sectional study. The study group consisted of 172 pregnant women and 166 non pregnant women who served as matched controls. All subjects were clinically examined for gingival index (GI), periodontal index (PI) and plaque score. A pre tested self administered questionnaire was used to assess oral hygiene practices.

Results

Prevalence of periodontal diseases in pregnant women and non pregnant women was 79.7% & 71.1% respectively and the difference was not statistically significant. ($\chi^2 = 3.35$, $P = 0.06$) Severity of periodontal diseases in pregnant women was significantly higher than non pregnant women. (gingival index $\chi^2 = 10.82$, $P = 0.004$, periodontal index

$\chi^2 = 16.33, P = 0.001$)

Mean loss of attachment for pregnant women was significantly higher than non pregnant women. Mean plaque score for pregnant women was significantly higher than non pregnant women.

There were significant differences of oral hygiene practices as tooth brushing, betel chewing and visiting to a dental surgeon between pregnant and non pregnant women.

Conclusions

The results of this study show that pregnancy won't affect the prevalence of the periodontal diseases but it affects the severity of periodontal diseases and pregnancy cause different oral hygiene practices in women.