



# ASSESSMENT OF PERIODONTAL DISEASE STATUS IN PRE AND POST MENOPAUSAL NIGERIAN WOMEN - A CROSS-SECTIONAL STUDY.

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## INTRODUCTION

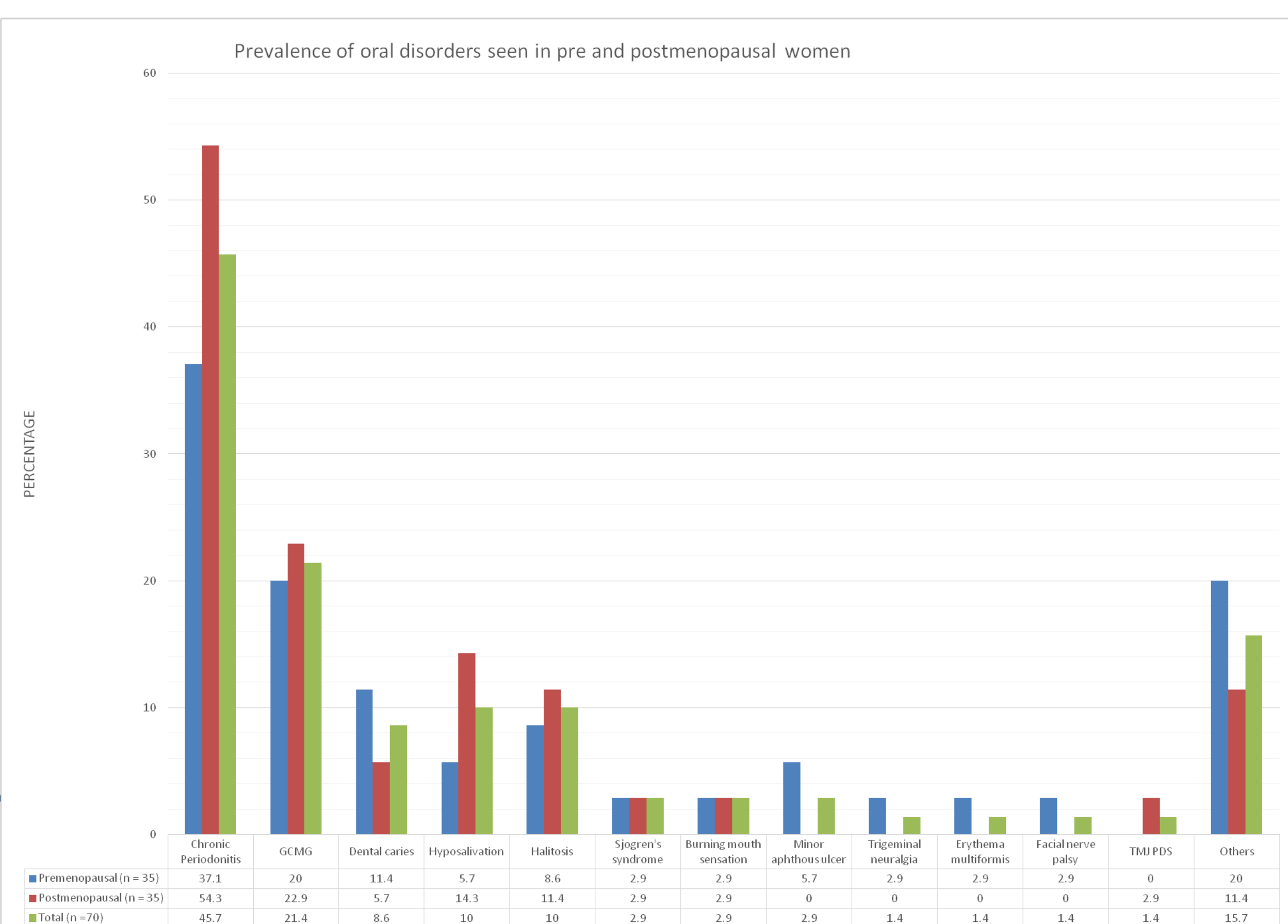
Periodontitis is a chronic inflammatory disease which results in the destruction of the connective tissues, alveolar bone loss, gingival bleeding, compromised aesthetics, recurrent periodontal infections, tooth mobility and eventual tooth loss. Various female hormonal alterations predispose postmenopausal women to several oral disorders. The aim of this study was to compare periodontal disease status in the pre and postmenopausal Nigerian women.

## METHODS & MATERIAL

This was a cross-sectional analytical study at the Oral diagnosis and Oral medicine clinics in a large tertiary hospital, involving 35 postmenopausal and 35 premenopausal women within the ages of 40 to 60 years, using a multistage sampling method. An interviewer-administered questionnaire and oral examination was used to determine the prevalence of oral disorders in postmenopausal women. All participants including pre and postmenopausal were evaluated for periodontitis using the Oral Hygiene Index (OHI) and Community Periodontal Index for Treatment Needs (CPITN), and severity of periodontitis. Analysis was done using IBM SPSS version 21 software.

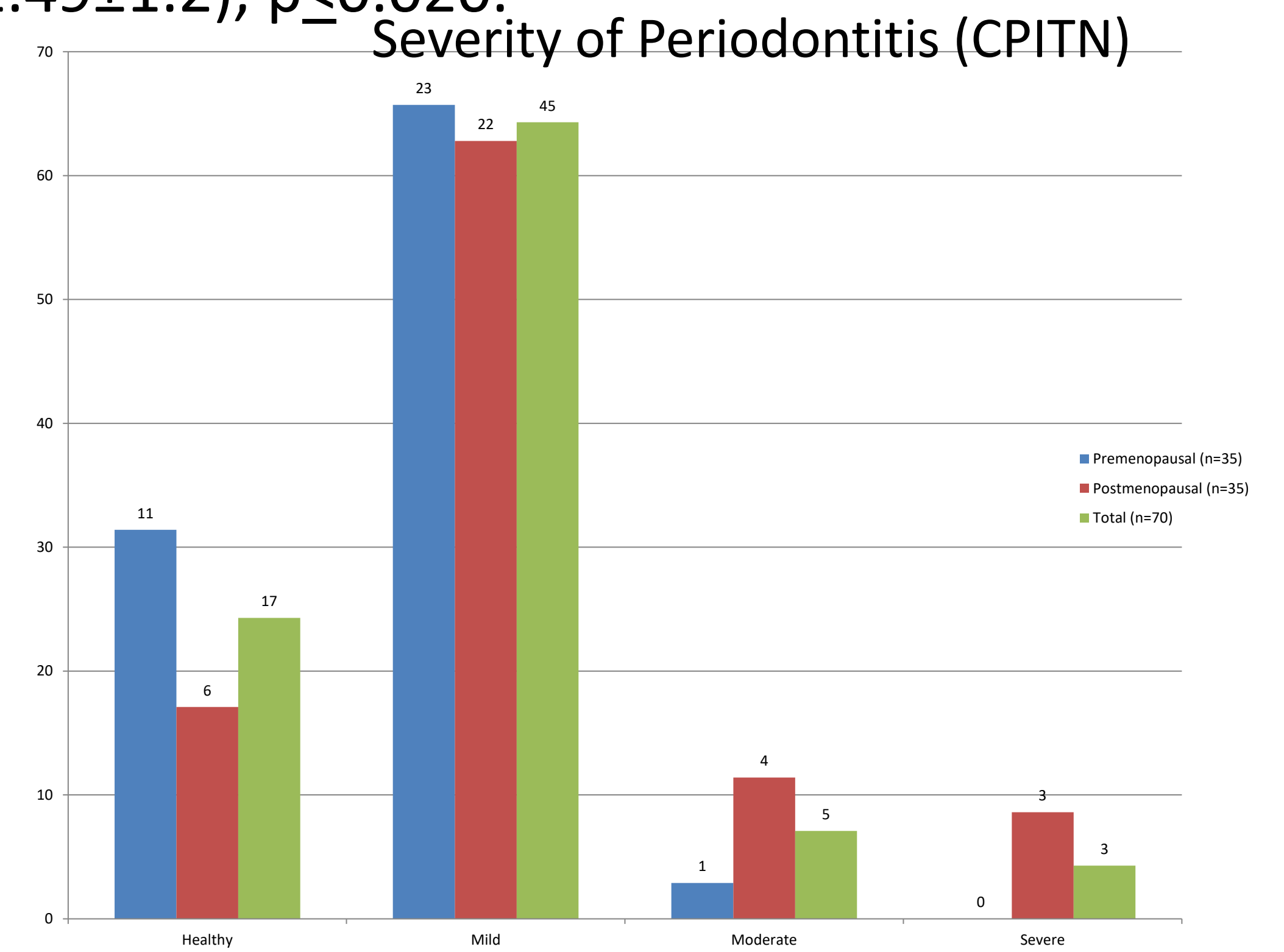
## RESULTS

The mean age of the postmenopausal women was  $53.2 \pm 5.6$  years which was higher than that of premenopausal women which was  $46.4 \pm 4.0$  years and the difference was statistically significant,  $p \leq 0.001$ . There was a relatively higher prevalence of chronic periodontitis 19 (54.35%) in postmenopausal women compared to premenopausal women with 13 (37.1%), however the difference was not statistically significant.

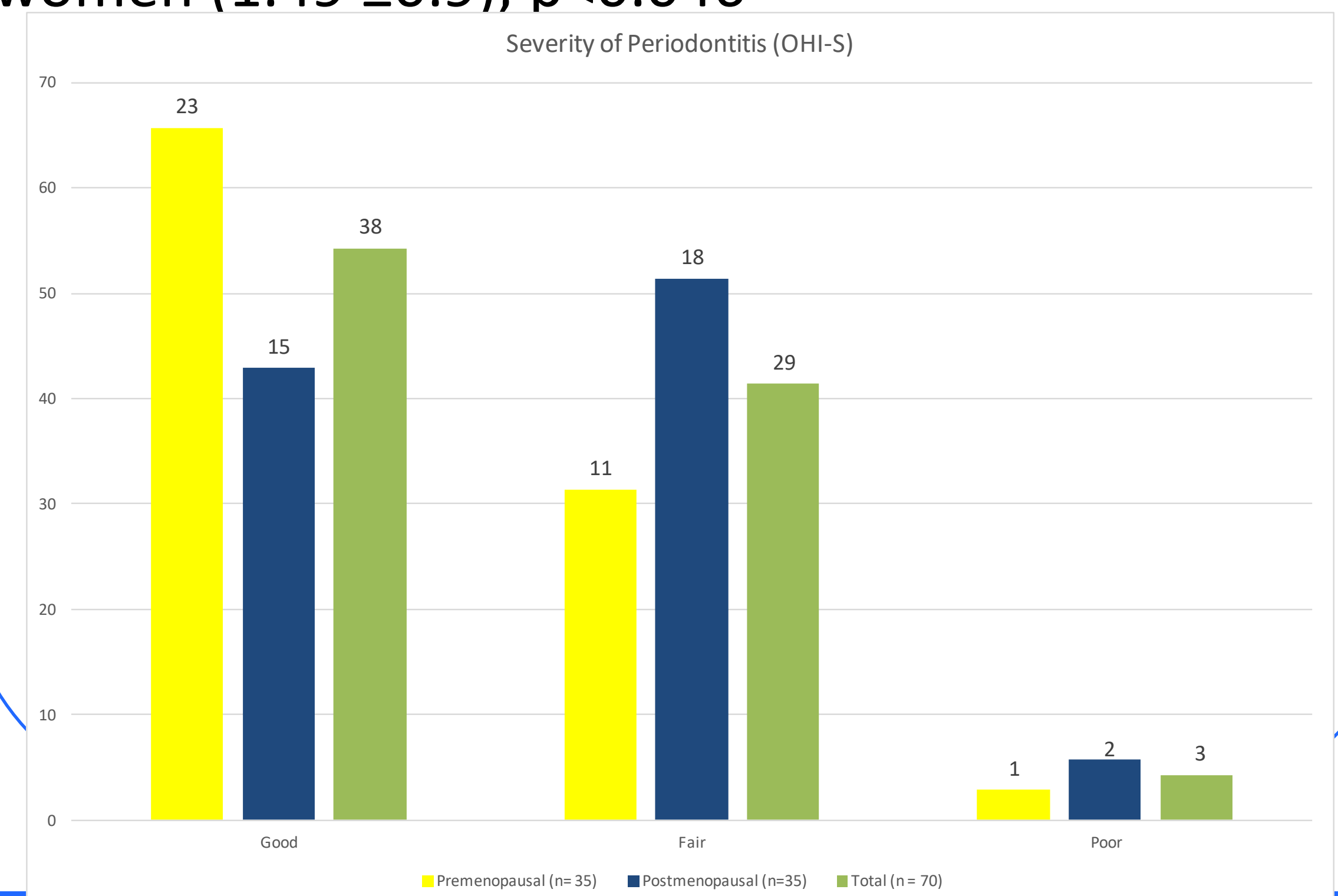


## RESULTS

Premenopausal women presented with healthy periodontium were higher at 11 (31.4%) compared with the postmenopausal women at 6 (17.1%), the mean CPITN value of premenopausal women was lower ( $0.91 \pm 0.8$ ) than that of the postmenopausal women ( $1.49 \pm 1.2$ ),  $p \leq 0.020$ .



Good periodontal status was commonly observed in premenopausal women 23 (65.7%) compared with postmenopausal women 15 (42.9%), The mean value of OHI of the premenopausal women was lower ( $1.08 \pm 0.8$ ) than that of the postmenopausal women ( $1.49 \pm 0.9$ ),  $p < 0.046$



## CONCLUSION

Within the limitations of this study, we conclude that postmenopausal women are more prone to periodontal disease when compared to premenopausal women. This study will thereby help to create awareness among postmenopausal women to go for a routine dental visit before progression to an active periodontal disease. With these results, we therefore infer that the influence of sex hormones can be minimized with good plaque control. Prevention and early management of oral disorders is priority in women's health.

## REFERENCES

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