

3139, Oral hygiene and periodontal status of smokers in a district of Chisinau, Moldova.

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According to European Health report 2012, the Republic of Moldova is in fourth place concerning the percentage of people who smoke in the country. Aim: To assess the oral hygiene and periodontal status of regular and occasional smokers in a district of Chisinau and compare it with that of non-smokers. Methods: A cross-sectional study was carried out in a convenience sample of 96 patients aged 20-60 years. They were divided in three groups, who were regular smokers, occasional smokers or non-tobacco users. The participants received a questionnaire regarding dental visits, oral hygiene behaviour and tobacco consumption. Approval for the study was obtained from the ethics committee for research of the State University of Medicine and Pharmacy 'Nicolae Testemitanu', Chisinau, Republic of Moldova. Oral hygiene status was assessed by clinical measurement of levels of Plaque index (PLI), Gingival index (GI) and loss of epithelial attachment (CAL), - these assessments were carried out on 6 sites of all erupted teeth except third molars, using the automated pressure controlled periodontal probe 'Florida Probe' and the mean values for periodontal parameters were calculated. A detailed medical history was also taken to exclude medically compromised subjects, especially diabetics and drugs that can induce the gingival hyperplasia. Results: Findings revealed that the overall periodontitis levels were significantly higher in regular smokers, especially males (n=22, 22.9%) than in occasional smokers and non-smokers. The majority of occasional smokers (n=11, 11.5%) and non-smokers (n=37, 38.5%) were females, who reported good oral hygiene behaviours and made regular dental visits at least once a year. They presented with lower levels of PLI, GI and LA. However, the effect of tobacco use was considered limited when compared to that of oral hygiene. Conclusion: In the group studied good oral hygiene appeared to be more important in preventing or limiting periodontitis. Nevertheless, smoking is one of the major risk factors for periodontitis development and progress.