

Satellite Symposium for Euro Global Summit & Medicare Expo on

# Weight Loss



## Influence of dietary habits on development of caries in children from rural and urban areas of Skopje

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Dental caries is one of the most common oral diseases in modern humans. The state of oral health influences on general health and opposite as part of a one common system. Oral health and nutrition have a synergistic multidirectional relationship. Official position of American Academy of Nutrition and Dietetics is that nutrition is integral component of oral health. Numerous data coming from different studies point to the role of carbohydrates in etiology of dental caries as a multifactorial disease.

Main goal of this study is to determine the influence of dietary habits as one of main risks factors for dental caries diseases with children of 12 to 13 years of age in Skopje rural and urban areas related to the religious life for many denominations, including the Orthodox Christianity and Islam population. Apart from the main goal, it is to acquire data on oral hygiene habits, socio-demographic factors and to propose preventive measures concerning oral health.

Case study will consist of 250 children of 12 to 13 years of age, equally from both genders and Macedonian and Albanian nationalities. Clinical examination will be conducted at all school-age children according to which DMFT index will be determined based on Klein-Palmer method and OHI index based on Greene-Vermillion method.

Questionnaires will be fulfilled by the children from which we can collect data on dietary habits and types of food, oral hygiene habits and parents education. The questionnaire for dietary habits will consist of following: determining frequency of consumption of a different type of nutrition during a period of one week, or the so-called "Food frequency questionnaire" (FFQ).

Results from this study will be statistically processed via STATISTICA 7 including descriptive statistic, student t-test, and correlation, linear and multivariable analyses.

With this study we expect to collect the data given in the goal and be able to determine possible risk factors for dental caries disease and, as a result of it, propose preventive measures especially from the perspective of proper and balanced diet.

### Biography

Slavica Sivevska is a Master 2<sup>nd</sup> degree student of the Nutritional Studies at the St. Clement of Ohrid University of Bitola, Faculty of Technology and Technical Sciences Veles. She is a graduated Doctor of Dental Medicine with over 15 years of experience as general dentist.

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