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## Relationship between overall and abdominal obesity and periodontal disease among young adults

**Hatem El-Sayed Amin**

Tanta University & King Abdul-Aziz University, Egypt

**Introduction:** Obesity, one of the most significant health risks of modern society, is now recognized a major health concern in both developed and developing countries. The prevalence of obesity is increasing at alarming rates reaching epidemic proportions particularly among children and young adults. Analyzing the effect of nutritional variables on gingival and periodontal health questions the role of obesity and overweight in periodontal disease pathogenesis. However, studies exploring the relationship between obesity and periodontal disease from developing countries with different eating habits and health behaviors are scarce.

**Aims & Objectives:** The objective of this study is to assess overall abdominal obesity and their relation to periodontal disease among young adults.

**Materials & Methods:** The sample comprised 380 young adults (170 males and 210 females) ranging from 20 to 26 years. Body mass index (BMI) and Waist circumference (WC) were measured to assess overall and abdominal obesity. Clinical attachment loss (CAL), gingival index (GI) and Community Periodontal Index (CPI) were measured.

**Results:** A significant correlation between BMI & WC and CAL, GI & CPI in females was seen. In males, a significant correlation was only recorded between WC and GI & CPI.

**Conclusion:** It is concluded that overall and abdominal obesity of young adult females and abdominal obesity of males were significantly associated with periodontal disease.

### Biography

Hatem El-Sayed Amin has completed his PhD in Oral Health and Preventive Dentistry and acquired the Professor Degree in 2013. He became the Course Director of Research Methodology in Faculty of Dentistry, King Abdel-Aziz University, KSA in 2005. Since 2013, he is the Head of Pedodontic, Oral Health and Preventive Dentistry Department in Faculty of Dentistry, Tanta University, Egypt. He has published more than 30 papers in reputed journals and has been invited as a speaker in many international conferences. Now, he is serving as a reviewer member of many reputable journals.

[hatem\\_ameen2@yahoo.com](mailto:hatem_ameen2@yahoo.com)

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