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## Oral Hygiene and Dental Health among Pregnant Women attending in a Selected Hospital in Dhaka City: A Cross Sectional Study

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**Introduction:** Pregnancy can have an important effect on oral health. During pregnancy some physiological changes are found to affect oral health. For which there needs special oral health care during pregnancy.

**Objective:** The aim of this study was to assess the status of oral hygiene and dental health among pregnant women attended in a selected hospital of Dhaka city.

**Method:** This was a cross sectional study and carried out amongst the pregnant women who visited outpatient department of Ad-din Medical College and Hospital, Dhaka. A total of 210 study samples were taken 10th September to 10th December 2014, participants who were pregnant and attended for antenatal check up in the outpatient dental department of the Hospital, and agreed to participate in the study were included as respondents. Data collection was done by face to face interview of the respondents by using a pretested questionnaire and for oral health examination of the respondents a checklist was used. To ascertain the oral health status, a dentist performed the oral cavity examination. Data analysis was done by SPSS programme. Prior to the commencement of this study, the research protocol was approved by the research committee (Local Ethical committee).

**Results:** The mean age of the respondents was  $27 \pm 5$  years. Majority of the respondents were illiterate or had education upto primary level. Regarding oral health care, 38% of the pregnant women were found to brush their teeth twice in a day while before pregnancy a lower proportion (27%) of them were found to brush twice in a day and the difference was statistically significant ( $\chi^2=5.094$ ;  $p=0.024$ ). Similarly after pregnancy significantly a higher proportion (33%) of the respondent were found to floss every day ( $\chi^2=5.094$ ;  $p=0.024$ ). On examination it was found that majority of the pregnant women were suffering from some kind of oral diseases and the diseases were gum bleeding (23.8%), swelling of gum (24.0%), history of previous gum bleeding (4.0%), gingivitis (31.0%), calculus (15.0%), pregnancy epulis (11.0%), toothache (7.7%), cavities (5.5%), sensitive teeth (3.3%), angular stomatitis (6.0%), pericoronitis (4.7%), 3rd molar impacted (15.0%), swelling of face (7.0%), life threatening condition (1.0%), pain or infection with gross caries (45.0%) and tooth mobility (6.0%).

**Conclusion:** A higher proportion of pregnant women were found to concern more about oral health. However, majority of the pregnant women were found to suffer from some oral diseases which are known to be associated with pregnancy.

**Key Word:** Oral hygiene, Oral health, Dental health, Dental diseases, Pregnancy

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