

# Oral Care and Probiotics

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## Periodontal status among mentally disabled adolescents and adult patients in Aseer region of Saudi Arabia

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**Background:** Periodontal disease is a chronic infection caused by many factors and characterized by the severe destruction periodontal structures. Health is "A state of complete physical, mental and social well-being, rather than solely by an absence of disease or infirmity". Oral health and quality oral health care contribute to holistic health. It should be a right not a privilege. Handicap is the loss or limitation of opportunities to take part in the normal life of the community on an equal level with others due to mental, physical and social barriers. Mental retardation has been defined by the American Association of Mental Deficiency (AAMD) as "Sub-average general intellectual functioning, which originates during the developmental period and is associated with impairment in adaptive behavior".

**Aim of the Study:** The present study was performed to evaluate the periodontal status among mentally disabled adolescents and adult patients in Aseer region of Saudi Arabia.

**Subjects & Methods:** two hundred (200) patients were selected from out patients clinics, Collage of Dentistry, King Khalid University and Rehabilitation Center in Abha city, Saudi Arabia. They were divided into two groups as the following: Group I- control group (normal patients) and group II: Mentally retarded patients. A complete periodontal clinical examination was performed and the following indices were recorded: Plaque index (PLI), gingival index (GI), and clinical attachment loss (CAL). All data were recorded and were analyzed by t-test.

**Results:** In the present study, there was highly significance differences in plaque index (PLI), gingival index (GI) and clinical attachment loss (CAL) between group I and group II ( $p=000$ ) There was increase in PLI, GI and CAL ( $2.34\pm0.590$ ), ( $2.27\pm.617$ ) and ( $5.49\pm1.910$ ) in group II compared to group I ( $1.78\pm.675$ ), ( $1.59\pm.621$ ) and ( $1.13\pm1.937$ ), respectively.

**Conclusion:** This study reported mentally disabled patients have a higher plaque index, gingival index and clinical attachment loss than the control group and they have poor oral hygiene, gingival inflammation and chronic periodontitis more than the control group because of neglected oral hygiene.

### Biography

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