

## Short Communication

# Oral health status of pregnant women in north of Iran (2010-11)

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## Abstract

**Background and Objective:** Gum diseases and dental caries are the most prevalent diseases in societies with different cultures particularly among pregnant women. This study was done to evaluate the oral health status of pregnant women in Gonbad Kavous, northern Iran.

**Methods:** This descriptive - analytical study was conducted on 400 pregnant women aged 20 to 40 years old in Gonbad Kavous, northern Iran during 2010-11. Demographic and oral examination information was recorded in a checklist. The obtained data were evaluated by DMFT index (Decay, Missing, and Filling Teeth) and OHI-S index (Oral Hygiene Index-Simplified).

**Results:** The average of DMFT index was  $3.29 \pm 6.21$ . There was a significant difference between the place of birth and place of residence of pregnant women with DMFT index ( $P < 0.05$ ). The average of OHI-S index in pregnant women was moderate ( $0.88 \pm 1.36$ ). There was a significant difference between the location of residence and the level of education of pregnant women with OHI-S index ( $P < 0.05$ ). The most important factor to increase DMFT index was the high average of decayed teeth among pregnant women. Regarding the method and duration of observing oral hygiene, the most correct answers were related to method of cleaning teeth (toothbrush and toothpaste) and the least ones were related to the duration of cleaning (3-5 minutes).

**Conclusion:** DMFT index was high in pregnant women in northern Iran.

**Keywords:** Pregnancy, Oral and dental health, Decay - missing and filling teeth, Oral hygiene index-simplified, Iran

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