

13th World Conference on

Gynecology, Obstetrics and Women Health

Oral Complications that may accompany the Premenopausal and Postmenopausal Period among Women-a Longitudinal Study

Mimoza Canga

University "Ismail Qemali", Albania

Background: Menopause is a very significant stage that affects women's lives forever, but it is also an especially difficult period accompanied by a lot of complications from various factors.

Objective: The objective of the current research is to determine several factors that affect the quality of life in the age of menopause. Some factors that we have considered during the premenopausal period and after menopause are sugar consumption, diabetes mellitus, dental caries, and smoking.

Materials and methods: This study was conducted from October 2017 to March 2021 at the Gynecological Department of Regional Hospital Vlore, Albania. The sample consisted of 200 women where half of them were in the premenopausal phase and the other half were in the postmenopausal phase. The age range of the women that were taken into consideration was from 41 to 80 years old. Statistical analysis was carried out with SPSS, version 23.0. The results were scrutinized using analysis of variance (ANOVA)-test and Tukey's test. The significance level was set at $P < 0.05$.

Results: In the present research resulted that this phases are accompanied with high sugar consumption from women especially in the postmenopausal phase where 67% of women consumed sugar 3 to 4 times a week. The data of this study, showed that the number of women with diabetes during premenopausal was 64(32%), meanwhile the number of women with diabetes during postmenopausal phase was higher respectively 136(68%). In the present survey during premenopausal the majority of women do not had caries respectively 69% of them, while during postmenopausal phase most of women had dental caries respectively 58% of them. There were also other factors taken under observation in the present research such as smoking and an oral disease such as gingivitis. During premenopausal phase the majority of women did not smoke respectively 57%, while during the postmenopausal phase the women were categorized as follows: 34% of them smoked 10-15 cigarettes a day, 21% of them smoked 5 cigarettes a day and the rest of them did not smoked respectively 45%. Gingivitis is present on women during premenopausal phase respectively in 26%, meanwhile the number of women with gingivitis increases during the postmenopausal phase respectively 63%. In the present investigation, a strong correlation was found out between dental caries and Diabetes Mellitus with P-value $< .001$. Gingivitis has a highly significant correlation with the age of women with the value of $P < .001$. Furthermore, in the actual research it was established that the correlation between diabetes mellitus and age was strongly significant with the P-value $< .001$.

Conclusion: The results in the current study suggest that during these important phases of women life, premenopausal and postmenopausal phase are accompanied by many complications. These complications include diabetes mellitus, gingivitis and dental caries.

Keywords: Dental caries; Diabetes mellitus; Gingivitis; Premenopausal women; Postmenopausal women

Biography

Mimoza Canga is Faculty of Public Health, University "Ismail Qemali" Vlore, Albania and lives at Street Benjamin Kruta, No. 13, Vlore, Albania.

Received: October 09, 2021 | Accepted: October 11, 2021 | Published: January 27, 2022