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Non-surgical management of periodontitis related halitosis among adults

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Introduction: Management of periodontitis related oral malodor may include simple measures such as scaling and root planning (SRP) and oral hygiene instructions.

Aim: A prospective cross-sectional study was conducted to evaluate the effect of non-surgical management of periodontitis on controlling halitosis (oral malodor) measured by Halimeter.

Methodology: Clinical data were recorded from 60 participants who were grouped as periodontitis (case), non-surgically treated periodontitis and healthy (control). Volatile sulfur compounds were measured in parts per billion (ppb) as a caliber for halitosis for each group using a Halimeter. Data were statistically analyzed utilizing the Chi-square distribution test ($P < 0.05$).

Results: In the average, case group showed strong halitosis 230.00 ± 54.29 ppb that was reduced to weak halitosis 124.25 ± 26.43 ppb following non-surgical (SRP) management of chronic periodontitis, with the deeper pockets, increased halitosis was measured as mean halitosis of periodontitis and treated cases 188.90 ± 14.22 ppb and 114.70 ± 20.75 ppb, 240.25 ± 58.08 ppb and 128.25 ± 39.31 ppb and 294.33 ± 19.64 ppb and 137.50 ± 23.36 ppb, respectively, in 5-6, 6.1-7 and 7.1-8 mm groups respectively.

Conclusion: Based on study results, halitosis is directly related to periodontitis and periodontal pocket depth among the adults, which can be successfully controlled by SRP.

Biography

Hossam A Eid has completed his PhD from Suez Canal University and promoted as Associate Professor in October 2012. He is a senior member at Periodontology department, College of Dentistry, Gulf Medical University, UAE. He has published more than 30 papers in reputed journals and serving as an Editorial Board Member & Reviewer of 5 reputed journals. He has led a research team to record 5 bacterial strains at Genbank, Maryland, USA in December 2012.

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