

# Dentistry & Oral Care

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## Periodontal therapy in female patients – A review

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Women had unique sex hormones changes. Thus the female body has a series of reaction to the hormonal changes seen within. As a result of these changes, they are more prone to the development of periodontal disease and show periodontal manifestation. Hormonal effects reflect physiological/ pathological changes in almost all types of tissues of the body. Estrogen and progesterone receptors are demonstrated in gingival tissue that is why it functions as target organ for sex hormones. Ovarian hormones may increase inflammation in gingival tissues and exaggerate the response to local irritants. Female sex hormones alter sub-gingival bacterial plaque composition, alter immunocompetency of the female. Improper oral hygiene and hormonal imbalance seen during different life cycle of female patients exaggerates the oral tissues response to the plaque and other local factors thus worsening the condition. Clinician should recognize, customizes and appropriately alters the periodontal therapy according to the individual woman's needs based on the stage of her life cycle. Patients should be educated regarding the profound effects of the sex hormone on periodontal and oral tissues as well as the consistent need for home and office removal of local irritants.

### Biography

Safieh Kuriri is a dental intern from College of Dentistry, Jazan University, Diploma of preparatory course for Post-graduate studies in medical and biosciences from Helsinki University and Stockholm University.

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