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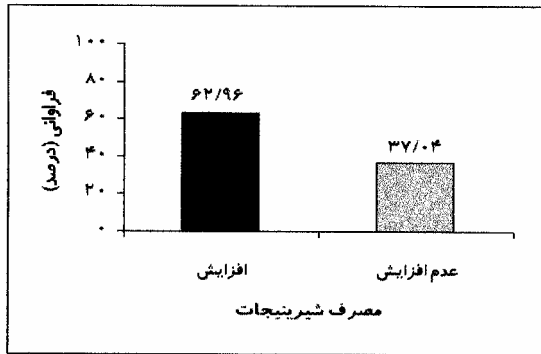
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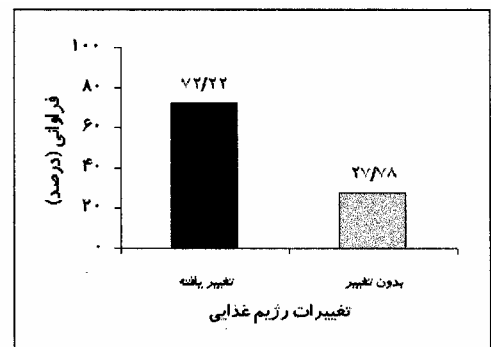
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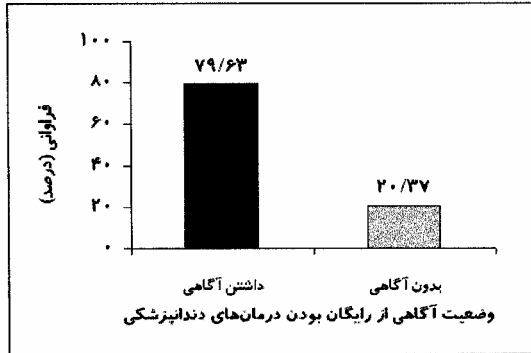
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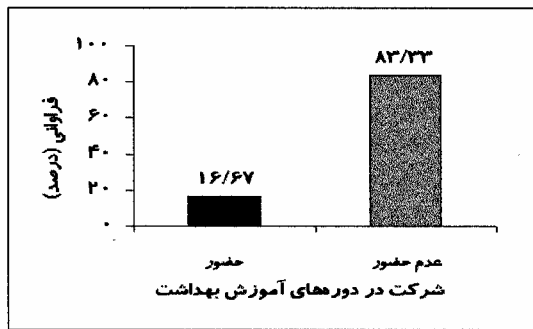
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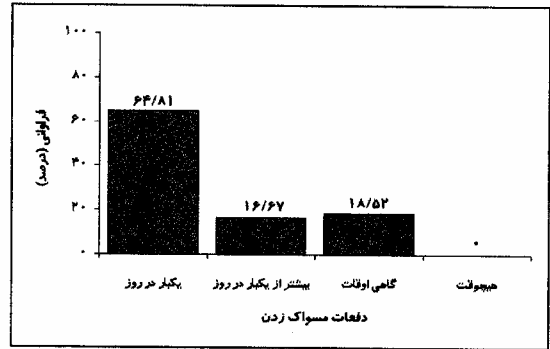
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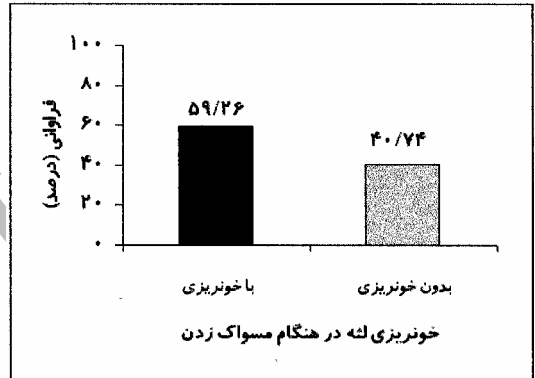
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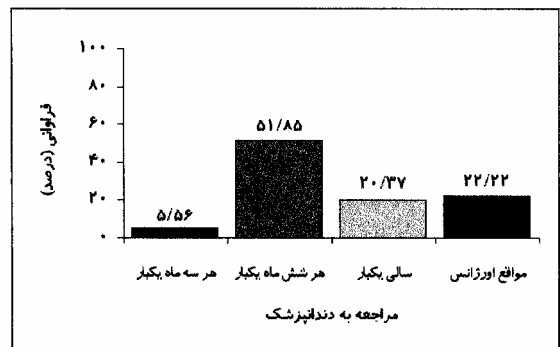
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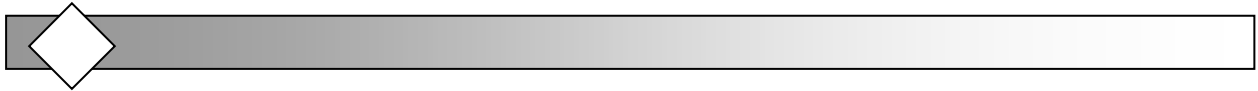
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
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A descriptive survey of the oral health on a group of the Asian pregnant women resident in the UK

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women. Non-attendance of most women in health educational sessions were negative aspects in oral health. Of the positive aspects, regular toothbrushing, awareness of women from fluoride advantages, low prevalence of smoking and regular dental visiting were included.

**Key words:** Oral health, pregnancy, dietary changes

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#### Abstract

**Introduction:** The oral hygiene of a pregnant woman affects both the mother's health and her child's, as much as the general hygiene does on the society health. The effects of dietary and oral hygiene habits of the pregnant women on oral health have been frequently studied in the different societies. However, in this regards the literature has paid less attention to the ethnic groups in a country. The present study aimed to study the oral health care and dietary changes during pregnancy compared to non-pregnancy in a minority ethnic group (Asian women) resident in the UK.

**Materials & Methods:** The survey was conducted on a group of 54 Asian pregnant women referring to the General Hospital of Newcastle upon Tyne, UK, by interviewing and filling out a questionnaire containing some oral health issues. The results were analysed using Chi-Square test.

**Results:** About 72 % of the women had changed their diet when they had been pregnant. About 63 % and 56 % had increased the consumption of sweetened stuffs and milk, respectively. About 65 % of the pregnant women brushed their teeth once a day and 59 % had found their gum bleeding during toothbrushing. About 61 % of the women were aware of the advantages of using fluoride toothpaste. Most women (80 %) were knowledgeable about free dental treatment during pregnancy. About 78 % had been visited regularly by dentists. Majority of the women (about 83 %) had not attended any health educational sessions. 43% of the women were nonsmokers.

**Conclusion:** In the group surveyed, the increased consumption of sweetened stuffs and the incidence of gum bleeding was recorded for more than half of the pregnant

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