

## Evaluating periodontal condition and some of the risk factors in patients attending Semnan University of medical sciences dental clinic

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**Background:** Periodontal disease is a common and also complex inflammatory condition that affects the soft and hard supporting tissues surrounding teeth. Periodontal disease is a multifactorial disease with some attributable risk factors such as dental plaque, smoking and background systemic disease like diabetes. Since early diagnosis of periodontitis is important in preventing progression and minimizing complications and since it is necessary to detect periodontal condition of the society regarding prevalence and dominant risk factors to schedule social educational programs and since no similar study have ever performed in Semnan, this study is designed to evaluate periodontal condition of patients attending Semnan university of medical sciences dental clinic using Periodontal Community Index (CPI).

**Material and Methods:** In this cross sectional study 20 to 60-year-old patients attending Semnan university of medical sciences dental clinic are visited using a WHO probe after filling out the consent form. Community periodontal index (CPI) and simplified oral hygiene index (s-OHI) which includes both plaque and calculus is calculated for all the participants. Then a questionnaire is given to be filled out regarding tobacco smoking and background systemic disease. Data is analyzed using Mann-whitney and Kruskal-wallis test with significance level of 5%.

**Results:** Assuming  $\geq 6$  mm of periodontal pocket depth as severe periodontitis, results show a significant association between periodontitis and diabetes with an odds ratio of 2.38 and also between periodontitis and s-OHI values with an odds ratio of 2.25. Other variables were not significantly associated.

**Discussion:** Poor oral hygiene and diabetes are both associated with the increased risk of developing periodontitis in Semnan. Age, gender and other systemic diseases have no effect on risk of periodontitis.

**Key words:** Periodontitis, Oral hygiene, Diabetes, Smoking, Systemic disease