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Early childhood caries in Albania

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Introduction: Dental caries is a common childhood illness and important health problem worldwide. The purpose of the study is to evaluate the morpho-biologic correlation in primary teeth caries.

Material and Methods: This was a cross-sectional study conducted in 2012-2014. The study involved children who attended the Dental Clinic in Yrshek. The study included 217 children of both sexes. Caries status of each child is recorded using DMFT index according to WHO criteria.

Results: The study included 102 (47%) boys and 115 (53%) girls. Only a small proportion of children (14.7%) use of vitamin D supplements and Fluor (9.7%). The prevalence of caries in the study resulted in 49.3% (95% CI 42.71-55.90). Caries prevalence among boys is 61.8%, while the prevalence in females is lower, 38.3%. Boys are 2.6 times more likely to develop caries than girls ($p<0:01$). The prevalence of caries in 0- 2 years of age is 18.3%, while the prevalence in the age of 3-6 years is higher. Also, children aged 3-6 years are more likely to develop caries compared with 0-2 years age group. Association of caries with maternal factors: Caries occurs most often in children who have mothers with low education, low economic status, primipare mothers, mothers with the disease, mothers with under nutrition and nutrition-health and who have not received vitamin D. Foods & soft drinks are consumed more often by children with caries or (86%) of them, and also children with caries consume less soup or (14%) of them, compared with (9%) of controls that consuming foods & drinks and sweet (91%) who frequently consume soup ($p<0:01$).

Conclusion: It is necessary to educate the population through promotional campaigns (in the press, TV, radio and brochures) and the staff at preschools for children's oral health.

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