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Oral Disorders and Serum Oestrogen Levels in Postmenopausal Women in Lagos, Nigeria

Troubles Bucco-Dentaires et Taux d'Œstrogènes sériques chez les Femmes Ménopausées de Lagos, au Nigeria

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ABSTRACT

BACKGROUND: Changes in hormonal levels during puberty, pregnancy, menstruation, and menopause have varying effects on the oral cavity. Several mucosal disorders manifest in the oral cavity of postmenopausal women partly due to a decrease in oestrogen and progesterone level which are significant. The aim of this study was to determine the oral disorders associated with serum blood oestrogen levels in Nigerian postmenopausal women.

MATERIALS AND METHODS: A cross-sectional analytical study at the Oral Diagnosis and Oral Medicine clinics in a large tertiary hospital in Lagos, Nigeria between June 2019 and December 2019 involving 35 postmenopausal and 35 premenopausal women within the ages of 40 to 60 years. The prevalence of oral disorders such as hyposalivation, burning mouth sensation, and periodontitis in pre and postmenopausal women was determined, likewise the association between oral disorders and blood oestrogen levels.

RESULTS: The mean age of the postmenopausal women was 53.2 ± 5.6 years and premenopausal women was 46.4 ± 4.0 years. Chronic periodontitis was the most prevalent oral disorder in 19(54.3%) postmenopausal women followed by hyposalivation 5(14.3%) compared with 13(37.1%) and 2(5.7%) respectively in premenopausal women. All postmenopausal women who had chronic periodontitis 19(100%) had relatively high oestradiol levels compared with 5(38.5%) premenopausal women.

CONCLUSION: There was no statistically significant association between oral disorders and blood oestrogen levels. **WAJM 2023; 40(8): 820–825.**

Keywords: Oestrogen, Oral disorders, Premenopausal Women, Postmenopausal Women.

RÉSUMÉ

CONTEXTE: Les changements des niveaux hormonaux pendant la puberté, la grossesse, la menstruation et la ménopause ont des effets variables sur la cavité buccale. Plusieurs troubles des muqueuses se manifestent dans la cavité buccale des femmes ménopausées, en partie à cause d'une baisse significative des taux d'œstrogènes et de progestérone. L'objectif de cette étude était de déterminer les troubles bucco-dentaires associés aux niveaux d'œstrogènes dans le sang sérique chez les femmes ménopausées nigérianes.

MATÉRIEL ET MÉTHODES: Une étude analytique transversale dans les cliniques de diagnostic oral et de médecine bucco-dentaire d'un grand hôpital tertiaire à Lagos, au Nigeria, entre juin 2019 et décembre 2019, impliquant 35 femmes ménopausées et 35 femmes préménopausées âgées de 40 à 60 ans. La prévalence des troubles bucco-dentaires tels que l'hyposalivation, la sensation de bouche brûlante et la parodontite chez les femmes pré et post-ménopausées a été déterminée, de même que l'association entre les troubles bucco-dentaires et les niveaux d'œstrogènes dans le sang.

RÉSULTATS: L'âge moyen des femmes ménopausées était de $53,2 \pm 5,6$ ans et celui des femmes préménopausées de $46,4 \pm 4,0$ ans. La parodontite chronique était le trouble bucco-dentaire le plus répandu chez 19 (54,3 %) femmes ménopausées, suivie par l'hyposalivation 5 (14,3 %), contre 13 (37,1 %) et 2 (5,7 %) respectivement chez les femmes préménopausées. Toutes les femmes ménopausées qui souffraient de parodontite chronique 19(100%) avaient des taux d'oestradiol relativement élevés par rapport à 5(38,5%) femmes préménopausées.

CONCLUSION: Il n'y a pas d'association statistiquement significative entre les troubles bucco-dentaires et les taux d'œstrogènes dans le sang. **WAJM 2023; 40(8): 820–825.**

Mots-clés: Œstrogènes, troubles bucco-dentaires, femmes préménopausées, femmes ménopausées.

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