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## Periodontal Diseases in Adult and Elderly Nigerians: A National Survey

*Maladies Parodontales Chez les Adultes et les Personnes Âgées Nigériennes: Une Enquête Nationale*

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### ABSTRACT

**BACKGROUND:** Periodontitis has been shown to have links with general health and increase the risk of complications of some systemic diseases now showing a rising prevalence with age. The rising proportion of the elderly globally, and a high prevalence of periodontal disease among older adults may significantly impact the need for oral health care services in the near future. This national survey was carried out to highlight the trend of periodontal diseases among adult and elderly Nigerians and make evidence-based recommendations for good management outcomes.

**Materials & Methods:** A national cross-sectional survey of periodontal diseases (using the CPITN Index) among adult (35-44-year-old) and elderly (65-74-year-old) Nigerians selected by multistage sampling method.

**Results:** Periodontal disease is prevalent among adults (96.5%) and elderly (97.6%) Nigerians, with the zonal prevalence approximating the national prevalence. Gingivitis is the prevalent periodontal disease type in these age groups, with a national prevalence of 86.8%, 67.6% respectively, and more in the South than the North for both adults (90.7%, 83%) and elderly (75.7%, 59.7%), respectively ( $p < 0.005$ ). Destructive Periodontitis prevalence in adult and elderly Nigerians is 9.5%, 29.9%, respectively ( $p < 0.05$ ), with the North being more affected than South for both adults (13.4%, 5.6%) and elderly (37%, 22.7%), respectively ( $p < 0.05$ ). There is also a significant rise in the occurrence of destructive periodontitis with age, nationally and in all the zones ( $p < 0.05$ ).

**Conclusion:** There is a high prevalence of periodontal diseases in adult and elderly Nigerians. The outcome of the management of periodontal diseases in adults and the elderly is inter-dependent on best practices in both oral and general health care service provision.

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**KEYWORDS:** Prevalence, Gingivitis, Periodontitis, National, Survey

### RÉSUMÉ

**CONTEXTE:** La parodontite a été liée à la santé générale et à l'augmentation du risque de complications de certaines maladies systémiques, montrant maintenant une prévalence croissante avec l'âge. La proportion croissante de personnes âgées dans le monde et une prévalence élevée des maladies parodontales chez les personnes âgées pourraient avoir un impact significatif sur le besoin de services de santé bucco-dentaire dans un avenir proche. Cette enquête nationale a été réalisée pour mettre en évidence la tendance des maladies parodontales chez les adultes et les personnes âgées nigériennes et formuler des recommandations fondées sur des preuves pour de bons résultats en matière de gestion.

**MATÉRIEL ET MÉTHODES:** Une enquête nationale transversale sur les maladies parodontales (utilisant l'indice CPITN) parmi les adultes (35-44 ans) et les personnes âgées (65-74 ans) nigériennes sélectionnées par méthode d'échantillonnage à plusieurs niveaux.

**RÉSULTATS:** Les maladies parodontales sont prévalentes chez les adultes (96,5 %) et les personnes âgées (97,6 %) nigériennes, la prévalence zonale approchant la prévalence nationale. La gingivite est le type de maladie parodontale prédominant dans ces groupes d'âge, avec une prévalence nationale de 86,8 %, 67,6 % respectivement, et plus dans le Sud que dans le Nord pour les adultes (90,7 %, 83 %) et les personnes âgées (75,7 %, 59,7 %), respectivement ( $p < 0,005$ ). La prévalence de la parodontite destructrice chez les adultes et les personnes âgées nigériennes est de 9,5 %, 29,9 %, respectivement ( $p < 0,05$ ), le Nord étant plus touché que le Sud pour les adultes (13,4 %, 5,6 %) et les personnes âgées (37 %, 22,7 %), respectivement ( $p < 0,05$ ). On observe également une augmentation significative de l'occurrence de la parodontite destructrice avec l'âge, nationalement et dans toutes les zones ( $p < 0,05$ ).

**CONCLUSION:** Il existe une prévalence élevée des maladies parodontales chez les adultes et les personnes âgées nigériennes. Les résultats de la gestion des maladies parodontales chez les adultes et les personnes âgées dépendent des meilleures pratiques dans la prestation de services de santé bucco-dentaire et générale.

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**MOTS CLÉS:** Prévalence, Gingivite, Parodontite, Nationale, Enquête

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