Prevalence Of Gingival Recession Among Patients Using Different Forms of Tobacco in South Indian Population- A Retrospective Study

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Abstract

Introduction: Gingival recession (GR) is a condition in which the gingival border is apical to the cementoenamel junction and the root is exposed to the oral environment. Tobacco use is one of the most important risk factors for the development of destructive types of periodontal disease, as well as a risk factor for GR.

Aim: The aim of the present cross-sectional study was to assess the prevalence of gingival recession among patients visiting a university dental hospital setting who are using different forms of tobacco.

Materials & Method: This study was conducted during the period of November 2019 to April 2020 in Saveetha Dental College and Hospitals in Chennai among patients with gingival recession who are under the usage of various forms of tobacco. The data were sorted and tabulated in Microsoft Excel and then entered in IBM SPSS software version 23 for descriptive statistics.

Results And Discussion: According to the results there is a decline in tobacco users with increase in age, drastically so after the age of 50. Figure 3 shows us that there is a maximum prevalence of GR of 19.60% among the age group 40-50 years and also shows the gradual increase in the prevalence of GR with age in accordance with the number of participants belonging to each age group. There may be a higher chance of prevalence of GR among those who use both the forms of tobacco, i.e. smokable and chewable than just a single form of usage.

Conclusion: From this retrospective study we conclude that gingival recession is evident in patients who use various forms of tobacco with a prevalence rate of 68.40%. Highest prevalence of gingival recession among the age groups is 19.60% of age group 40-50 years who majorly smoked and used chewable forms of tobacco.

Keywords: dentin hypersensitivity, innovation, gingival recession, periodontal health, tobacco


INTRODUCTION

Gingival recession (GR) is a condition in which the gingival border is apical to the cementoenamel junction and the root is exposed to the oral environment, leading to difficulties such as root caries, dental hypersensitivity, and aesthetics of periodontal tissue. (1) GR frequently causes an aesthetic concern, especially when it affects the anterior teeth, as well as fear of tooth loss as the damage progresses. Because the root surface is exposed to the oral environment and an increase in the deposition of dental plaque, it may be linked to dentine hypersensitivity, root caries, abrasion, cervical wear, and erosion. (2) The recession of the gingival can be either localised or generalised, and it can affect one or more surfaces.

Previous research has shown that the aetiology of GR is complex, with several factors acting in concert. A wide range of variables, including morphological, inflammatory, and traumatic variables, have been shown to be strongly linked with GR. A number of writers have tried to explain the phenomenon and the pathogenesis of gingival recession but due to its complex multifactorial etiology the accurate pathogenesis still remains unknown. (2) Dentists may also be confronted with considerations about how to avoid future attachment loss. It is difficult to anticipate whether additional changes in gingival recession will
occur at a specific location due to the interplay of several probable contributing variables.(3) Although many dental diseases go unreported by patients, gingival recession is a common visible dental alteration that patients notice and may prompt them to seek dental care. Although this condition is common, it can also be an indication of periodontal disease in certain people. As a result, gingival recession prevention and control are based on an accurate assessment of the condition's prevalence in relation to the risk factors that contribute to its development. Tobacco use is one of the most important risk factors for the development of destructive types of periodontal disease, as well as a risk factor for GR. Our team has extensive knowledge and research experience that has translated into high quality publications. (4–16), (17–21) (22) (23) Thus the aim of the present cross-sectional study was to assess the prevalence of gingival recession among patients visiting a university dental hospital setting who are using different forms of tobacco.

**Materials And Method**

**Study Design**

This study was conducted in Saveetha Dental College and Hospitals in Chennai among patients with gingival recession who are under the usage of various forms of tobacco. Data of those patients with gingival recession and have also under the usage of tobacco between the time period November 2019 to April 2020 were collected.

**Data Collection And Tabulation**

Data collection was done using the patient database with the timeframe work of November 2019 to April 2020. There were 898 patients with the presence of gingival recession and who used one or the other forms of tobacco. The data about the gender and tooth number were collected. All the patient data were reviewed and those fitting under the inclusion and exclusion criteria were included. Cross verification of data was done by the reviewer. The collected data was tabulated based on the following parameters:

**Inclusion criteria**

Patients under the usage of various types of tobacco products.

**Exclusion criteria**

Patients with preexisting medical conditions and those with special needs were excluded from the study. Patients who are not under the usage of tobacco products.

**Statistical analysis**

The data were sorted and tabulated in Microsoft Excel and then entered in IBM SPSS software version 23. Descriptive statistics were performed. Categorizable variables were expressed in the frequency and percentage. Chi square test was used to test the correlation between two variables. *p* value less than 0.05 is considered as statistically significant.

**Results**
Dharsan R et al: Prevalence Of Gingival Recession Among Patients Using Different Forms Of Tobacco In South Indian Population- A Retrospective Study

**Figure 1:** Pie chart representing the age distribution of the participants of the study who were under the usage of tobacco. 30.40% of the participants belonged to the age group of 18-30 years of age. 26.40%, 22.80%, 14.40%, 5.20% and 0.80% of the participants belonged to the age group of 30-40 years, 40-50 years, 50-60 years, 60-70 years and 70-80 years of age respectively. Blue indicates age group 18-30 years, green indicates age group 30-40 years, beige indicates age group 40-50 years, purple indicates age group 50-60 years, yellow indicates age group 60-70 years and red represents age group 70-80 years.

**Figure 2:** Pie chart representing the prevalence of gingival recession among the study participants. Prevalence of gingival recession was seen among 68.40% of the participants and 31.60% of the participants did not have gingival recession. Blue represents the presence of GR and green represents the absence of GR.
Dharsan R et al: Prevalence Of Gingival Recession Among Patients Using Different Forms Of Tobacco In South Indian Population- A Retrospective Study

Figure 3: This is a bar graph depicting the association between various age groups and the prevalence of gingival recession. The X-axis represents the age groups while Y-axis represents the prevalence of gingival recession. Blue colour indicates the presence of gingival recession and green color indicates the absence of gingival recession. Results show that the age group 40 - 50 years show the most presence of gingival recession of 19.60% and 3.20% absence of gingival recession. Age group 18-30 shows a 12.80% presence and 17.60% absence of gingival recession among patients using various forms of tobacco. Age group 30-40 shows a 18.0% presence and 8.40% absence of gingival recession. Age group 50-60 shows a 12.40% presence and 2.0% absence of gingival recession. Age group 60-70 shows a 4.80% presence and 0.4% absence of gingival recession. Age group 70-80 shows a 0.8% presence and 0.0% absence of gingival recession. The chi-square test was analysed P value= 0.042 (p > 0.05) which is statistically significant.

Figure 4: This is a bar graph depicting the association between various age groups and the type of tobacco used by the study subjects. The X-axis represents the age groups while Y-axis represents the prevalence of the type of tobacco used by the
participants. Blue colour indicates prevalence of smoking, green color indicates the usage of chewable form of tobacco and beige represents the usage of both smokable and chewable tobacco. Results show that the age group 40-50 years show the maximum usage 12%, of both the forms of tobacco, 7.2% of only smoking and 3.6% of only chewable tobacco. Age group 18-30 shows a 26% usage of smoking, 3.60% of chewable tobacco and 0.80% of both. Age group 30-40 shows a 20.40% usage of smoking, 4.0% of chewable tobacco and 2.80% of both. Age group 50-60 shows a 2.0% usage of smoking, 12.4% of chewable tobacco and 0.0% of both. Age group 60-70 shows 4.80% usage of chewable tobacco and 0.40% of both. While the age group 70-80 years showed 0.40% usage of smoking as well as chewable tobacco. The chi-square test was analysed P value= 0.176 (p > 0.05) which is statistically not significant.

Discussion

The present investigation was undertaken in order to estimate the possible influence of an independent element, usage of tobacco products on GR in a population of people visiting a university dental setup. Epidemiological studies play a significant role in monitoring trends and for assessing the dental needs and awareness in a community.(24) There has been a considerable amount of information about prevalence of gingival recession in other parts of the world, whereas in India, not much baseline data is available. Results from figure 1 shows us the age wise distribution of tobacco users visiting a private university dental hospital among which the majority of participants of about 30.40% were among 18-30 years of age followed by 30-40 years, 40-50 years and so on. According to these results there is a decline in tobacco users with increase in age, drastically so after the age of 50. This is in accordance with another study by Rani M et al which states that tobacco use grew until the age of 50, after which it levelled out or began to fall.(25) Figure 2 shows us the presence of GR among the participants, where 68.40% participants had gingival recession and and 31.60% of participants did not show any recession. Whereas another study done by N.A. Chrysanthakopoulos et al stated that 94.7 percent of subjects had GR on at least one tooth surface.(26)

Figure 3 shows us that there is a maximum prevalence of GR of 19.60% among the age group 40-50 years and also shows the gradual increase in the prevalence of GR with age in accordance with the number of participants belonging to each age group. Gingival recession was thought to be a natural feature of human ageing for decades, however all evidence to support this claim is insufficient. Although age makes it more likely for the factors of gingival recession to manifest themselves, this does not entail that they are caused by it.(27) Figure 4 shows us that the age group that was most prevalent with GR, 40-50 years was also the age group to which the maximum number of participants who used both the types of tobacco products belonged to. This hereby tells us that there may be a higher chance of prevalence of GR among those who use both the forms of tobacco, i.e smokable and chewable than just a single form of usage. Results stated that there is a highest prevalence of smoking (26.0%) among the age group 18-30 years and highest use of chewable tobacco (12.40%) among 50-60 years. Results show us that there is an elevated prevalence of GR among smokeless tobacco users, In accordance to another study which states that the prevalence of gingival recession was significantly elevated in smokeless tobacco users among the adult greek population.(28)

The link between smoking and periodontal disease isn't well understood, pathologically. However, based on the information now available, the evidence strongly supports that smoking has a significant and negative impact on periodontal health and disease when the data is carefully weighted. Patients with periodontitis who smoke had more severe periodontal disease and recession than those who did not smoke, according to a research by Martinez-CP et al.(29) Oral mucosal lesions were seen in 46 percent of current week users, mostly in the mandible at the locations where the smokeless tobacco quid was deposited. The existence of poor oral hygiene and gingivitis in these users was not connected to the development of oral lesions, and the use of smokeless tobacco was not always linked with severe types of periodontal disease. Sites close to mucosal lesions in smokeless tobacco users, on the other hand, exhibited considerably more recession and attachment loss than locations not next to lesions in users or equivalent non-user sites.(30) However, based on the information now available, the evidence strongly supports that tobacco usage has a significant and negative impact on gingival recession.

Conclusion

From this retrospective study we conclude that gingival recession is evident in patients who use various forms of tobacco with a prevalence rate of 68.40%. Highest prevalence of gingival recession among the age groups is 19.60% of age group 40-50 years who majorly smoked and used chewable forms of tobacco. The recession among young adults is multidimensional and widespread. It can lead to dentin hypersensitivity and, as a result, a rise in need for pain and aesthetic treatments. To avoid recession, more study is needed to understand the underlying aetiology.
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Conflict Of Interests

All the authors declare that there was no conflict of interest in the present study.

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REFERENCE