

**Table 4** Self-assessed Questions Related to Visits to the Clinician and Tooth Brushing Habits in Relation to Dental Fear

| Self-assessed questions                                 | Response                  | n (%)      | Avoidance of dentistry |            | Psychologic arousal |      | Fear elicited by various components |             |
|---|---------------------------|------------|------------------------|------------|---------------------|------|-------------------------------------|-------------|
|   |                           |            | n (%)                  | P          | n (%)               | P    | n (%)                               | P           |
| Have you ever visited a clinician?                      | Yes                       | 475 (95.0) | 22 (4.6)               | 1          | 60 (12.6)           | .756 | 75 (15.8)                           | .782        |
|   | No                        | 25 (5.0)   | 1 (4.0)                |            | 2 (8.0)             |      | 3 (12.0)                            |             |
| How frequently do you visit a clinician?                | Occasionally              | 168 (33.6) | 4 (2.3)                | .273       | 15 (8.9)            | .085 | 25 (14.9)                           | .242        |
|   | When there is a complaint | 292 (58.4) | 16 (5.4)               |            | 44 (15.0)           |      | 51 (17.4)                           |             |
|   | Regularly                 | 33 (6.6)   | 3 (9.0)                |            | 3 (9.0)             |      | 2 (6.0)                             |             |
| When was the last time you visited a clinician?         | ≤ 1 y                     | 312 (62.4) | 9 (2.9)                | <b>.01</b> | 35 (11.2)           | .165 | 42 (13.5)                           | <b>.043</b> |
|   | 2 to 3 y                  | 159 (31.8) | 14 (8.8)               |            | 24 (15.0)           |      | 34 (21.4)                           |             |
|   | > 3 y                     | 18 (3.6)   | 0 (0)                  |            | 2 (11.1)            |      | 1 (5.5)                             |             |
| What was the reason for your last visit to a clinician? | Examination/control       | 64 (13.2)  | 1 (1.5)                | .077       | 6 (9.3)             | .465 | 9 (14.0)                            | .702        |
|   | Pain                      | 119 (24.5) | 9 (7.5)                |            | 16 (13.4)           |      | 24 (20.1)                           |             |
|   | Restorative procedures    | 169 (34.8) | 6 (3.5)                |            | 25 (14.7)           |      | 26 (15.4)                           |             |
|   | Surgical procedures       | 61 (12.6)  | 5 (8.1)                |            | 10 (16.3)           |      | 11 (18.0)                           |             |
|   | Orthodontics              | 30 (6.2)   | 0 (0)                  |            | 1 (3.3)             |      | 4 (13.3)                            |             |
|   | Periodontics              | 42 (8.7)   | 2 (4.7)                |            | 4 (9.5)             |      | 4 (9.5)                             |             |
| Do you brush your teeth?                                | Yes                       | 477 (95.6) | 21 (4.4)               | 1          | 59 (12.3)           | .746 | 75 (15.7)                           | > .999      |
|   | No                        | 22 (4.4)   | 2 (9.0)                |            | 3 (13.6)            |      | 3 (13.6)                            |             |
| How often do you brush your teeth?                      | > 3 times a day           | 17 (3.4)   | 2 (11.8)               | .892       | 3 (17.6)            | .785 | 3 (17.6)                            | .893        |
|   | 2 to 3 times a day        | 231 (46.2) | 5 (2.1)                |            | 15 (6.5)            |      | 11 (4.8)                            |             |
|   | Once a day                | 217 (43.4) | 8 (3.6)                |            | 29 (13.4)           |      | 32 (14.7)                           |             |
|   | Every other day           | 5 (1.0)    | 3 (60.0)               |            | 3 (60.0)            |      | 4 (80.0)                            |             |
|   | Once a week               | 9 (1.8)    | 3 (33.3)               |            | 8 (88.9)            |      | 7 (77.8)                            |             |
|   | Occasionally              | 16 (3.2)   | 1 (6.3)                |            | 1 (6.2)             |      | 2 (12.5)                            |             |
|   | Never                     | 5 (1.0)    | 1 (20.0)               |            | 3 (60.0)            |      | 3 (60.0)                            |             |

Bold number indicates statistical significance ( $P < .05$ ).

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## Literature Abstract

### Association of bone mineral density with periodontal status in postmenopausal women

The study aimed at investigating the correlation of body bone mineral density (BMD) obtained by dual energy x-ray absorptiometry with periodontal parameters in early postmenopausal Indian women. Subjects had at least eight posterior teeth and had had menopause for at least 2 years. Excluded from the study were current and previous smokers; those with any systemic risk factor of periodontal disease; those on anti-inflammatory, immunosuppressive, or cytotoxic drugs for at least 1 year prior to the evaluation; those receiving medical treatment for osteoporosis; those who had periodontal surgery or were receiving periodontal treatment. The 78 dentate postmenopausal female patients (46 to 54 years old), composed of 31 osteoporotic, 25 osteopenic, and 22 healthy patients. BMD was negatively and significantly correlated with pocket depth, clinical attachment loss, and alveolar crestal height. Number of teeth lost due to periodontitis was not significantly correlated with BMD. Attachment loss, pocket depth, and alveolar crestal height were significantly different between osteoporotic and osteopenic patients; between osteoporotic and healthy patients, but not significantly different between osteopenic and healthy patients. The sample size of the study was relatively small. Despite this limitation, the authors concluded bone mineral density is an important risk indicator for periodontitis in postmenopausal women

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