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FOLIC ACID SUPPLEMENTATION IN SMOKERS WITH CHRONIC PERIODONTITIS

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ABSTRACT

Background: Folic acid, is one such vitamin that is essential for numerous bodily functions. Organic nitrites found in cigarette smoke have been shown to interact with folic acid, transforming them into biologically inactive compounds and thereby leading to lower folic acid levels in serum. The main objective: was to evaluate of folic acid supplementation in smokers with chronic periodontitis.

Materials and methods: The design of this study was Randomized Controlled Trial, Single Blind, pre and post test. A total of 24 smokers with chronic periodontitis divided into two groups. Control group who didn't get a supplementation and study group got 4mg/day of folic acid supplementation for 1 month. The clinical parameters were bleeding on probing (BOP), probing pocket depth (PPD), clinical attachment level (CAL) recorded at the baseline and blood samples collected from all patient for folic acid serum levels. Both of two groups had a scaling, root planing treatment and evaluated 1 month after treatment. Results: showed that both of the two groups has reduction in Probing pocket depth (PPD), Bleeding on probing (BOP) and Gaining Clinical attachment level (CAL), folic acid serum levels, but only BOP has significant result in reduction p=0.045 (p≤0.050). There has positive relation with correlation rank Spearmann between Bleeding on probing (BOP) and folic acid serum levels, p=0.029 (p≤0.05). Conclusion: Folic acid Supplementation in smokers with chronic periodontitis provides reduction of bleeding on probing (BOP).

Keywords: Chronic Periodontitis, Folic Acid Serum Levels, Folic Acid Supplementation, Smokers.