



Analysis of Adolescent Malnutrition on Oral Health: A Systematic Review

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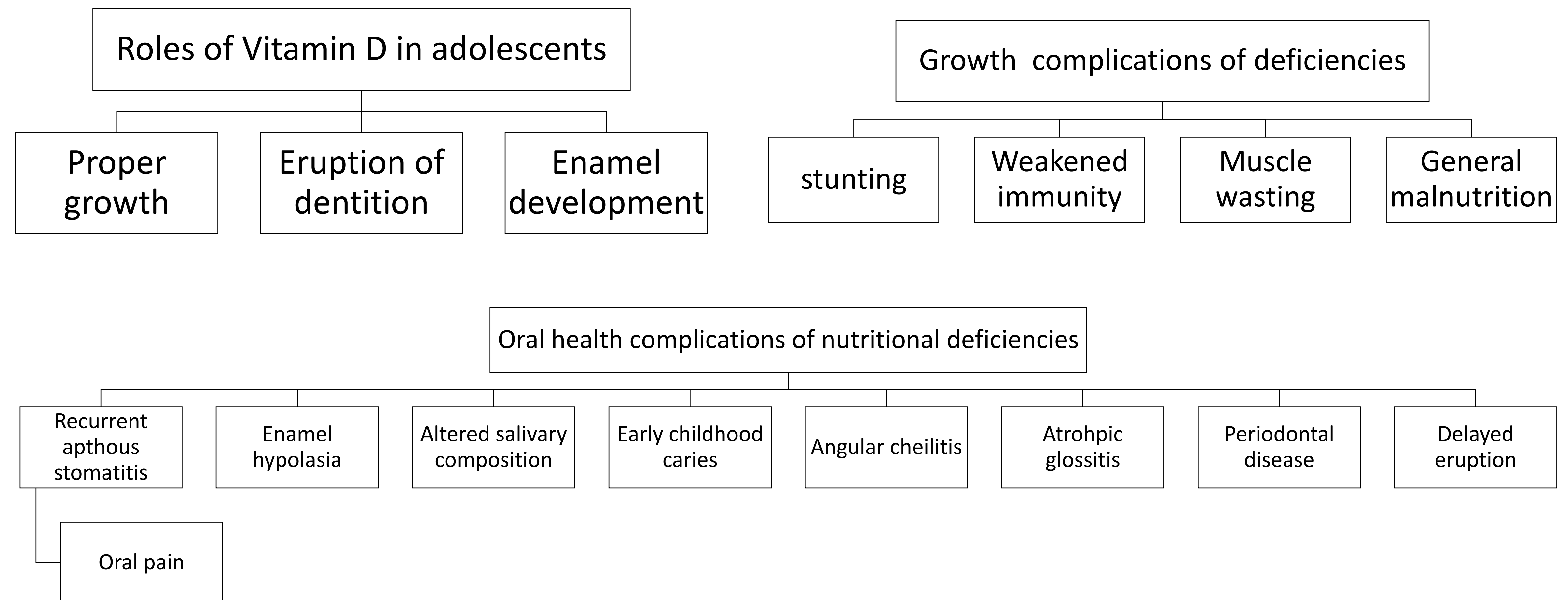


INTRODUCTION

- Vitamin and mineral deficiencies represent a prevalent problem among the population
- The oral cavity is often one of the first sites that deficiencies will manifest, therefore it is critical that clinicians receive appropriate training to be able to identify and initiate early diagnosis
- There is limited research on oral lesions caused by malnutrition and how these deficiencies affect growth and development of oral tissues, such as enamel
- Our research seeks to examine the common patterns seen in presentations of deficiencies and/or disorders in order to better serve our patients to get them the help they need
- We are investigating which deficiencies are most commonly seen in adolescents and how it affects their growth patterns.
- Having the appropriate knowledge as clinicians allows us to be able to take a preventive philosophy in our patients and make food choice recommendations and/or referrals to dietitians before the problem permanently affects outcomes in growth.

RESULTS

- There is a high correlation between malnutrition, and oral health and development
- Children that are under or overweight, stunted, and or vitamin deficient are at high risk to experience oral health complications.
- Childhood caries is a consequence seen in an overwhelming number of studies on childhood malnutrition, which further perpetuates undernutrition



METHODS

- A literature search in PubMed, Dentistry & Oral Sciences, Source, Scopus, and Web of Science was conducted on September 13th, 2023. Peer-reviewed articles written in English and published from 2013 containing information on the negative impact of adolescent malnutrition on oral health were considered eligible for review. From the 594 studies obtained from the literature search, 88 studies were included.

CONCLUSION

- This review is one of the first to explore the relationship between malnutrition, oral health, and development in adolescents. There is a strong correlation that suggests nutritional deficiencies are associated with sub-optimal oral health in adolescents. While there are many risk factors for nutritional deficiencies in adolescents, educating mothers and increasing access to more nutritious foods is paramount to combat malnutrition-related oral health issues.

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