

## Iatrogenic Factors Effecting The Periodontium: Restorative Treatment Procedures, RDP, And FDP

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### Abstract

Iatrogenic factors possess a huge humiliation on all dental sections. This is the time to put a limit for all this mutilation and evoke all the dental fields with the guidelines as a prevention for pursuing it. This highlights a professional plan for the dentist and the patient to interact with a disciplinary follow-up. As teeth presuppose preparation to get rebuilding restorations, and these restorations must be based on a crucial standard from which fundamental criteria can be created to help anticipate the goals of restorative treatment. Many iatrogenic factors can be generated during the teeth preparation for restorative treatment, of which is that both morphologic and functional derangements in the occlusion can result from replacing a missing tooth as soon as possible to maintain arch integrity. These effects might spread to the muscles of mastication and to the supporting periodontal tissues. Background: Iatrogenic factors are the main cause of treatment failure. The aim of this article is that these undersized factors can result in problematic symptoms. Method: Research started on other articles targeting the guidelines to prevent iatrogenic factors. Result: Evoking guidelines will avoid short-term and long-term distortion to the dental effort after being used. Conclusion: These guidelines will support the dentist's job and will prevent the patient from further complications by alarming and providing full awareness about these complications.

**Abbreviations:** RDP- Removable Dental Prosthetics, FDP- Fixed Dental Prosthetics

**Key Words:** Restorative treatment procedures, fixed Prosthodontics, removable dentures, Iatrogenic factors

## Effects of Stress on Obesity among Medical Students

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### Abstract

Obesity is when a person carries excess weight or body fat that affect on their health. BMI (body mass index) is a one of the tools for finding an appropriate weight for age, sex and height.  $25 < \text{BMI} < 29.9$  shows excess weight. A BMI of 30 or over shows obesity. Obesity and overweight increase risk of a number of health conditions, including: metabolic syndrome such as hypertension, type 2 diabetes, cardiovascular disease, arthritis and some types of cancer. There is different reasons for obesity like consuming too many calories, sedentary life style, lack of sleeping, endocrine problems, medication, stress and so on. In this review, the effects of stress on body weight is explained. Stress plays a major role in the presence of obesity. Cortisol is one of the main hormones involves in the biological stress response. Cortisol, a glucocorticoid hormone (GC), leads to redistribution of white adipose tissue to the abdominal region and increases appetite for energy-dense food. Chronical exposure to high levels of cortisol, like in Cushing's syndrome or using high doses of exogenous GC, develops abdominal obesity, metabolic syndrome, and eventually cardiovascular diseases. This problem was investigated in a group which included the medical students who were under stress and also had obesity (2). Then excluded any students with family history of obesity or who has any mental illness or under any anti-depressant medication. It was a retrospective observational study. A weight gain was observed in relation to stress based on BMI. Stress in medical students is common especially in girls. Correlation between diet and PSI (Pound-force per square inch) showed that stress induced over eating behavior (1;2).

**Key words:** Obesity, Stress, Cortisol, Eating

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