



Oral behaviors in patients with acromegaly

Carolina Orge¹, Juliana Melo¹, Camille Rossetti¹, Adroaldo Rossetti¹, Ailton Melo¹

¹Postgraduate Program in Medicine and Health, School of Medicine, Federal University of Bahia, Salvador, Bahia, Brazil

Purpose: To determine whether oral behaviors are more frequent in patients with acromegaly compared to a group with similar age, social and cultural characteristics.

Methods: This cross-sectional observational study included 22 patients with acromegaly and 22 matched controls recruited at a university hospital in Brazil. Oral behaviors were assessed using the Portuguese version of the Oral Behavior Checklist (OBC), which scores 21 items on a 0–4 Likert scale. The OBC mean score was calculated for each group. Differences in OBC scores were analyzed with the Mann–Whitney test and a significance level set at $p < 0.05$.

Results: There were significant differences between the two groups regarding the OBC mean score ($p=0.010$). The items that showed a significant differences were “Clench or grind teeth when asleep” ($p=0.01$), “Use chewing gun” ($p=0.009$), “Chew food on one side only” ($p=0.01$), “Sustained talking” ($p<0.001$), “Yawning” ($p=0.04$) and “Hold telephone between your head and shoulders” ($p<0.001$)



The figure shows mandibular growth, third-class malocclusion, diastema, dental inclination and thinning of gingival tissues

Conclusion: parafunctional habits are common in the general population, some significantly decrease in individuals with acromegaly, probably due to changes in facial anatomy and cervical pain that prevents certain habits from continuing.