

46. Impact of anti-oxidant rich diet in residual ridge resorption : a population based study of the food habits for the residents of manipur (north east) and their prosthetic management and rehabilitation

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Objectives: this study has been attempted to evaluate the effect of antioxidant rich food of manipur residents on residual ridge resorption.. **Design:** 60 completely edentulous patients were surveyed and clinically evaluated for the clinical condition of the residual ridge in terms of height, width and inter arch space. Inclusion criteria were completely edentulous patient in the age group of 40 to 60 years and the period of edentulism was more than 5 years.. **Result:** based on the clinical evaluation and statistical analysis of the data collected for residual ridge height, width and inter arch space it was inferred that there is a significant (<0.05) correlation between the anti oxidant rich food diet consumption and residual resorption which is inversely proportional.. **Conclusion:** this study has concluded that the diet which is rich in antioxidants decreases the residual rich resorption in completely edentulous patients after tooth extraction. Furthermore the minimal resorption of residual rich showed difficulty in prosthetic rehabilitation which precluded pre-prosthetic management of the patient to gain inter-arch space.

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