



Knowledge and Awareness of Dietary Practice Influences Oral Hygiene among Adults in Seychelles

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ABSTRACT

The aim of the study is to do a survey to assess the dietary habits and how it influences oral hygiene of people in urban Chennai and to determine whether or not the adults in Seychelles have the knowledge and the awareness of how dietary practice influences oral hygiene. Dental health refers to all aspects of the health and functioning of our mouth especially the teeth and gums. Apart from working properly to enable us to eat, speak, laugh (look nice), teeth and gums should be free from infection, which can cause dental caries, inflammation of gums, tooth loss and bad breath. All of these is caused by poor dietary practice. The health of our teeth and mouth are linked to overall health and well-being in a number of ways. The ability to chew and swallow our food is essential for obtaining the nutrients we need for good health. The present study was being conducted in Seychelles among randomly selected adults. Questionnaires were then distributed among 92 randomly selected adults. The questions were related to knowledge and awareness of oral hygiene and oral dietary habit. A total of 18 questions were asked. It is to create awareness and the knowledge on how dietary practice influences oral hygiene. Majority of the adults are not aware and they have no knowledge on how dietary practice influences oral hygiene in Seychelles. From the collected data it shows that dietary practice influences oral Health because after consumption of sugary item adults do not brush their teeth which leads to cavities and also causes them to have sensitive tooth. To spread awareness and knowledge more extensive Health care program can be done.

Keywords: Hygiene, Seychelles, Dental health, Nutrients.

INTRODUCTION

Oral health is multifaceted and includes the ability to speak, smile, taste, touch, chew, swallow, and convey a range of emotions through facial expressions with confidence and without pain, discomfort and disease of the craniofacial complex. Oral health touches every aspect of our lives but is often taken for granted. Your mouth is a window into the health of your body. It can show signs of nutritional deficiencies or general infection. Systemic diseases, those that affect the entire body, may first become apparent because of mouth lesions or other oral problems. Seychellois fail to see a dentist each year, even though regular dental examinations and good oral hygiene can prevent most dental disease. Many people believe that they need to see a dentist only if they are in pain or think something is wrong, but regular dental visits can contribute to a lifetime of good oral health. Oral hygiene is the practice of keeping the mouth and teeth clean to prevent dental problems, most commonly, dental cavities, gingivitis, periodontal (gum) diseases and bad breath.¹ There are also oral pathologic conditions in which good oral hygiene is required for healing and regeneration of the oral tissues. These conditions include gingivitis, periodontitis, and dental trauma,² such as subluxation,³ oral cysts, and following wisdom tooth extraction.

The use of dental floss is an important element of oral hygiene, since it removes plaque and decaying food remaining between the teeth. This food decay and plaque cause irritation to the gums, allowing the gum tissue to

bleed more easily. Acidic foods left on the teeth can also demineralise teeth, eventually causing cavities. Flossing for a proper inter-dental cleaning is recommended at least once per day, preferably before brushing so fluoride toothpaste has better access between teeth to help remineralise teeth, prevent receding gums, gum disease, and cavities on the surfaces between the teeth. Tongue scrapers are simple tools for removing build-up on the tongue. Proper use can improve breath and reduce plaque. Some foods may protect against cavities by naturally containing fluorine, from which fluoride is derived⁴ Fluoride is naturally present in all water. Community water fluoridation is the addition of fluoride to adjust the natural fluoride concentration of a community's water supply to the level recommended for optimal dental health, approximately 1.0 ppm (parts per million). One ppm is the equivalent of 1 mg/L, or 1 inch in 16 miles.⁵ Fluoride is a primary protector against dental cavities. Fluoride makes the surface of teeth more resistant to acids during the process of remineralisation.⁶ Drinking fluoridated water is recommended by some dental professionals while others say that using toothpaste alone is enough. Milk and cheese are also rich in calcium and phosphate, and may also encourage remineralisation.

MATERIALS AND METHODS

The present study was conducted in Seychelles among randomly selected adults. Questionnaires were then distributed among 92 randomly selected adults between the age group of 18 to 50 years of age. The Questionnaires



were related to knowledge and awareness of oral hygiene and oral dietary habit. A total of 18 questions were asked. The questions were in the form of a multiple choice where 4 options were given to be chosen from.

The following questions asked was

- 1) In a day how often do you drink beverages such as (pepsi, coke, Miranda)?
- 2) How long does it take you to consume the drink?
- 3) In a day how often on average do you take any of these citrus juice?
- 4) Do you brush your teeth after intake of sugary food?
- 5) Do you brush your teeth after vomiting?
- 6) What type of tooth brush do you use?
- 7) What type of toothpaste do you use?
- 8) After drinking soft drinks do you brush your teeth?
- 9) Do you floss your teeth?
- 10) How often do you use mouth wash in a day?
- 11) How often do you visit the dentist in a year?
- 12) How often do you eat sugary item in a day?
- 13) How long do you chew on your food?
- 14) Do you rinse your mouth in addition to daily brushing and flossing?
- 15) How many glasses of water do you drink in a day?
- 16) Do you have sensitive teeth?
- 17) What do you use to brush your teeth?
- 18) Which type of technique do you use to brush your teeth?

The collected data was then analysed and graphed using Microsoft excel.

RESULTS AND DISCUSSIONS

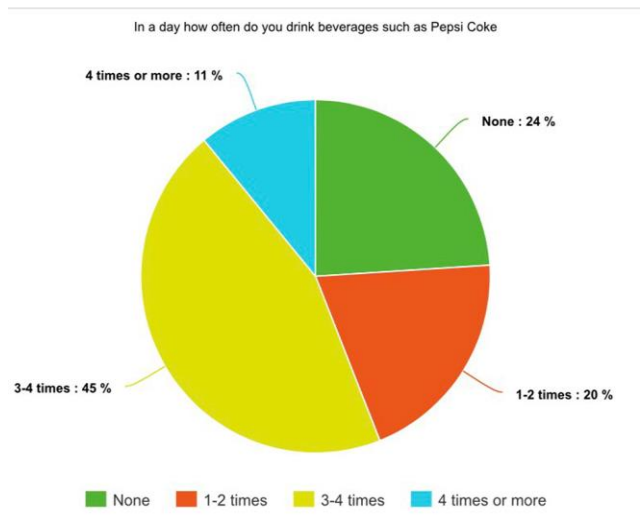


Figure 1

The pie chart shows that 45% of adult’s drink beverages 3-4 times in a day and some does not consume beverages at all which is 24%.20% consume 1-2 times a day and the least percentage is 11% which consume 4 times or more.

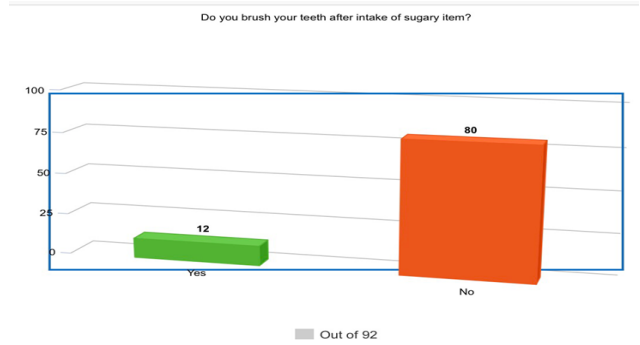


Figure 2

The vertical bar graph shows that 80 out of 92 people do not brush their teeth after intake of sugary item and 12 out of 92 adults brush their teeth after intake of sugary item.

This pie chart shows that 20% of adults eat sugary item 3 or more times and 22% never eat sugary item. Adults intake sugary item twice a day which is 20% and 24% consume once a day.

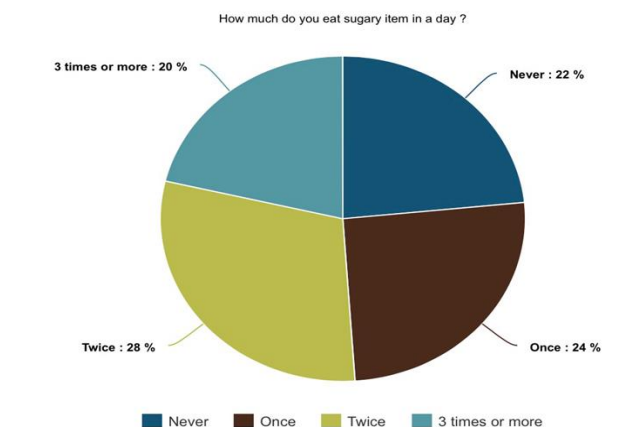


Figure 3

This shows a horizontal bar chart where out of 92 people 66 doesn't floss their teeth and 16 out of 92 floss their teeth.

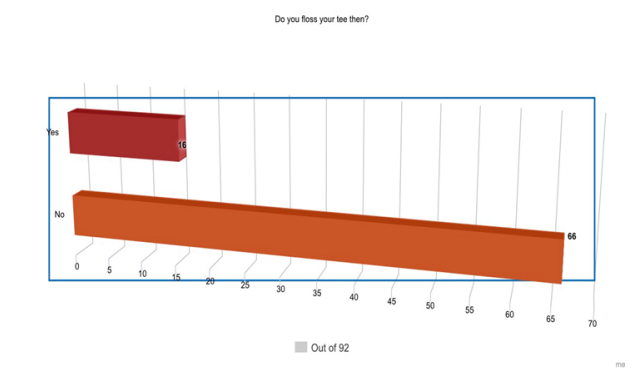


Figure 4

This pie chart shows 17% on an average day drink citrus juice more than 5 times a day.22% consume citrus juice 3-4 times a day.11% do not consume any citrus juice in a day whereas 50% of adults consume citrus juice 1-2 times a day.



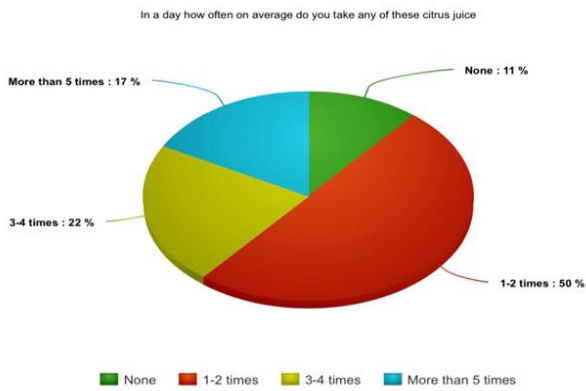


Figure 5

This shows a pie chart where 10% drink 8 or more glasses of water in a day. 15% drink 1-2 glasses a day. 35% drink 5-6 glasses in a day and 30% drink 3-4 glasses of water in a day.



Figure 6

This pie chart shows that 17% rinse their mouth in addition to daily brushing and flossing whereas a majority of them which is 83% do not rinse their mouth in addition to daily brushing and flossing.

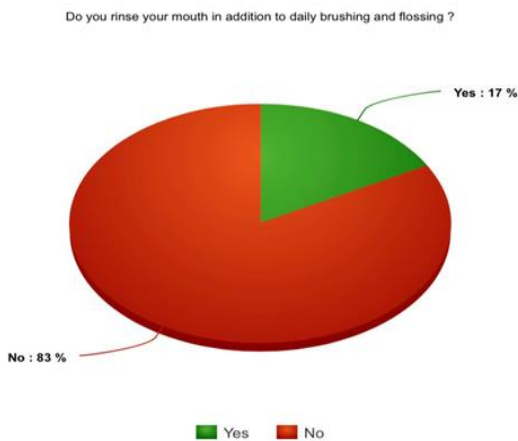


Figure 7

This pie chart shows 72% have sensitive teeth and 28% do not have sensitive teeth.

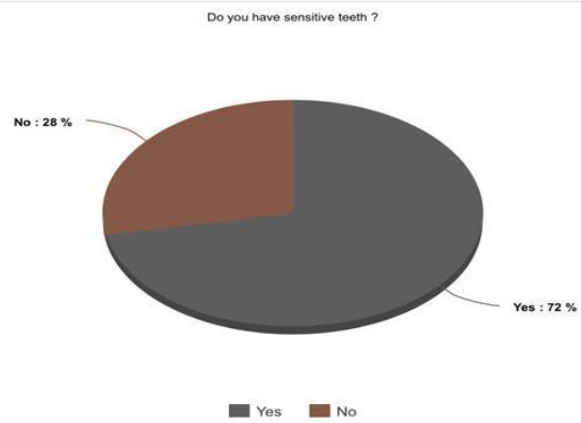


Figure 8

These pie chart shows 63% use the combined technique to brush their teeth and 10% use the horizontal technique. 12% use the vertical technique and 15% use the circular technique in brushing their teeth.

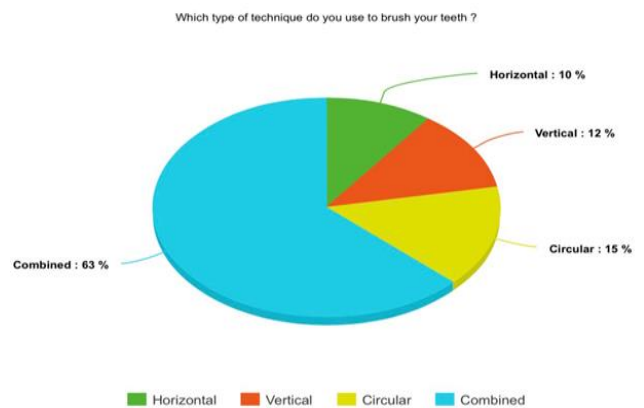


Figure 9

This pie chart shows that 97% which The the majority of the adults do not brush their teeth after intake of soft drinks only 3 percent brush their teeth after intake of soft drinks.

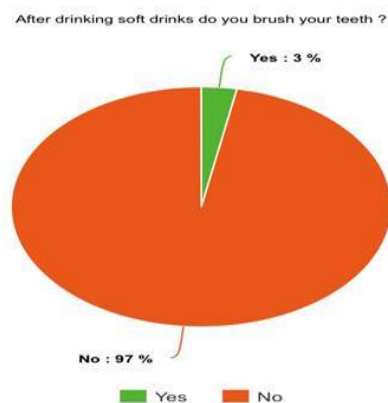


Figure 10

This shows a Vertical bar chart where 29% use whitening toothpaste to brush their teeth and 37% use height strength fluoridated toothpaste.

32% use Normal toothpaste and 2 percent doesn't know the type of toothpaste they use.

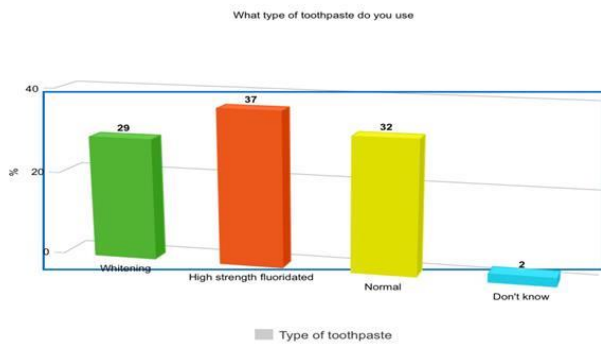


Figure 11

This shows a horizontal bar chart where 50% use mouthwash in a day and 10% use mouthwash once a day whereas 37% use mouthwash twice. 3% use mouthwash 3 times or more in a day.

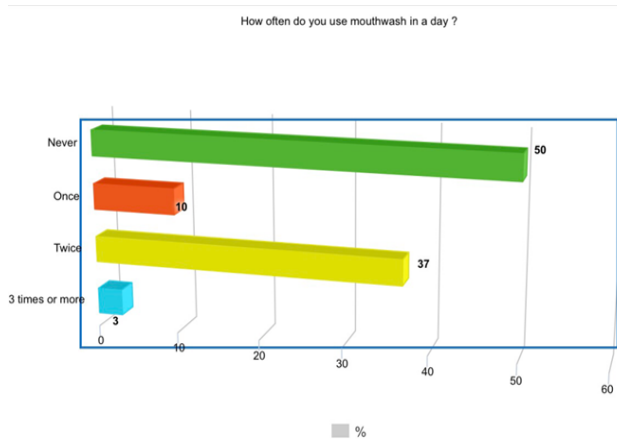


Figure 12

This shows a horizontal bar chart where 39% never visit the dentist in a year but on the hand 42% visit the dentist at least once a year. 11 percent visit the dentist twice a year. 8% visit the dentist 3 times or more in a year.

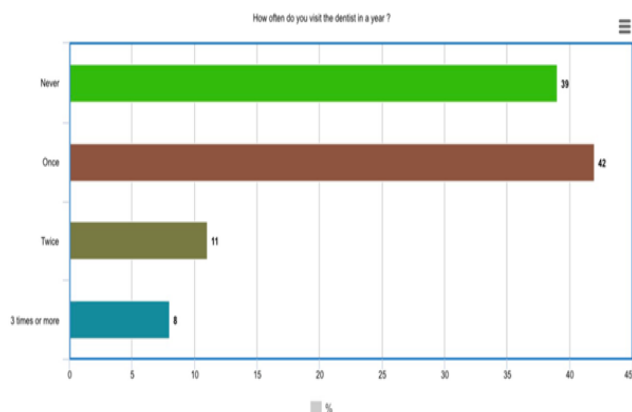


Figure 13

This shows a pie chart where 3% use twigs to brush their teeth and 7% use tooth powder and 90% use toothpaste.

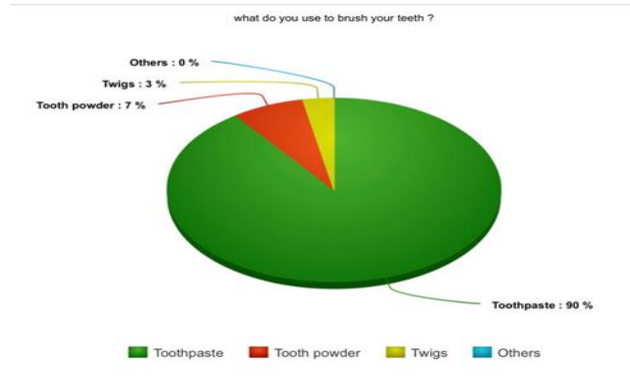


Figure 14

This shows a vertical bar chart where 26% immediately chew on their food and 67% chew one to 3 times before swallowing the food and 5% Chew 4-7 times and 2 percent chew on their food 8 or more times.

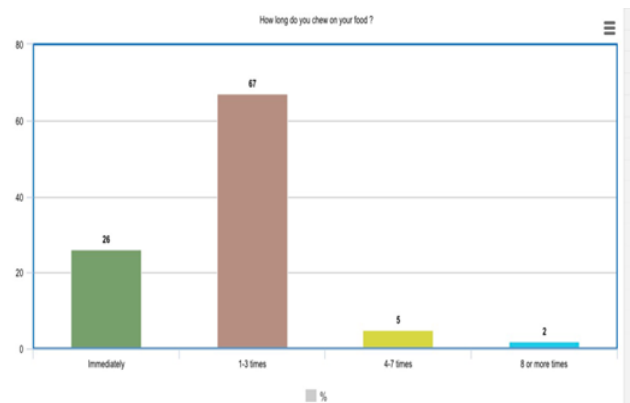


Figure 15

This shows a line graph where 33% use soft type of toothbrush and 47% use medium type of toothbrush. 12 percent use hard type of toothbrush and 8 percent doesn't know the type of toothpaste they use.

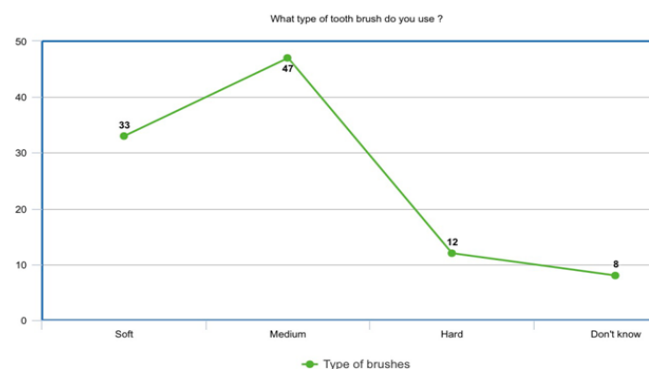


Figure 16

Majority of the adults are not aware and they have no knowledge on how dietary practice influences oral hygiene in Seychelles.⁷ From the collected data it shows that dietary practice influences oral Health because after consumption of sugary item adults don't brush their teeth which leads to cavities and also causes them to have sensitive tooth. Figure 9 shows that 63% use the combined technique to brush their teeth and 10% use the horizontal technique⁸. 12% use the vertical technique and

15% use the circular technique in brushing their teeth this further suggests that adults in Seychelles do not know the right way to brush their teeth and thus a campaign should be started to help them know the right way. Figure 12 shows that 50% do not use mouth wash and the advantage of using mouth wash is that you can cut down on cavities and fight gum disease and soothe canker sores. Figure 15 shows that only 2 percent chew on their food 8 or more times which shows they chew slowly. Chewing slow is a good thing as chewing strengthens your teeth and jaw, and helps prevent plaque build-up and tooth decay. To spread awareness and knowledge more extensive Health care program can be done.

Knowledge and awareness studies on oral hygiene among adults have been primarily conducted in Seychelles where most of them do big have a health sciences backgrounds.⁹ Keeping in mind the expected role to be played by the adult community on the whole in effecting a behavioral change in the society, a need is felt for assessing¹⁰ the oral hygiene knowledge, attitude and behavior of adults with different educational backgrounds.

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