

Research Journal of Pharmaceutical, Biological and Chemical Sciences

Awareness among South Indian Adult Group of Population about Dental Caries.

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ABSTRACT

To determine the awareness among patients about the Dental caries. A survey was conducted among 60 patients who visited dental hospital in the form of questionnaire. 10 questions were framed to evaluate the awareness among patients about dental caries. 60 patients were surveyed. About 10% of them were not aware about the dental caries. The awareness about the dental caries among patients is higher.

Keywords: Dental caries, awareness, prevalence

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INTRODUCTION

Oral health is always an inseparable part of general health. The prevalence of the most common dental disease is dental caries. Dental caries has been a subject of intense debate due to its importance in statistical measurement and for the clinical control of this disease [1]. Dental caries (tooth decay) is a major oral health problem of schoolchildren and the vast majority of adults. The early manifestation of the caries process is a small patch of demineralised (softened) enamel at the tooth surface, often hidden from sight in the fissures (grooves) of teeth or in between the teeth. The destruction spreads into the softer, sensitive part of the tooth beneath the enamel (dentine). The weakened enamel then collapses to form a cavity and the tooth is progressively destroyed. Caries can also attack the roots of teeth should they become exposed by gum recession. This is more common in older adults.

MATERIALS AND METHOD

The aim of the study is to determine the awareness of dental caries among South Indian adult group of population. Hence, a cross sectional survey was conducted among patients visiting Saveetha dental college and hospitals. Totally 60 patients were included in the study. A simple random sampling was done. All patients above the age of 25 years and below the age of 65 years were included in the survey. The information was collected using self explanatory questionnaire. Ten questions were chosen to assess the patient's day to day life and their awareness about dental caries. The nature and purpose of the survey was explained to the patients and written consent was obtained. The data gathered were analysed and expressed in terms of bar diagram.

The questionnaires were handed to the patients during their regular visit to the dental hospital. The questionnaire was printed in English as well as regional language Tamil. [see table 1].

Patient name:

Age :

Sex:

Date:

OP No:

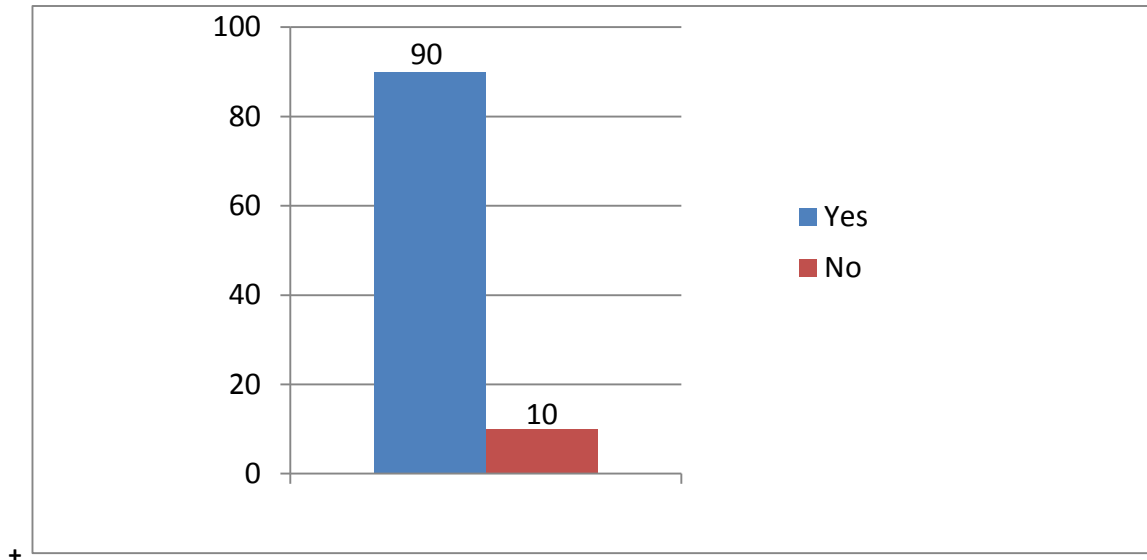
AWAWARENESS AMONG SOUTH INDIAN ADULT GROUP OF POPULATION ABOUT DENTAL CARIES

1. Do you know what dental caries is?
a) Yes b) No
2. Symptoms associated with dental caries?
a) Sensitive b) pain c) Food lodgments d) All of the above
3. Do you know untreated dental caries can lead to further damage?
a) Yes b) No
4. When will you go for the treatment?
a) Pain b) sensitivity c) Food lodgment d) difficulty in mastication
5. Do you know what type of food can cause dental caries?
a) Spicy food b) Sweets c) Soft drinks d) All of the above
6. Do you know dental caries can be solved by brushing?
a) Yes b) No c) Don't know
7. Do you think that brushing in the night before sleep is important?
a) Yes b) No c) Don't know
8. Do you think that carious tooth must be extracted?
a) Yes b) No c) Don't know
9. Dental caries can be prevented by
a) Continuous dental check up
b) Maintain the proper brushing technique
c) Rinse mouth after every meal
d) All of the above
10. Why do you skip dental treatment?
a) Busy b) Not aware of it c) Financially not fit

RESULTS

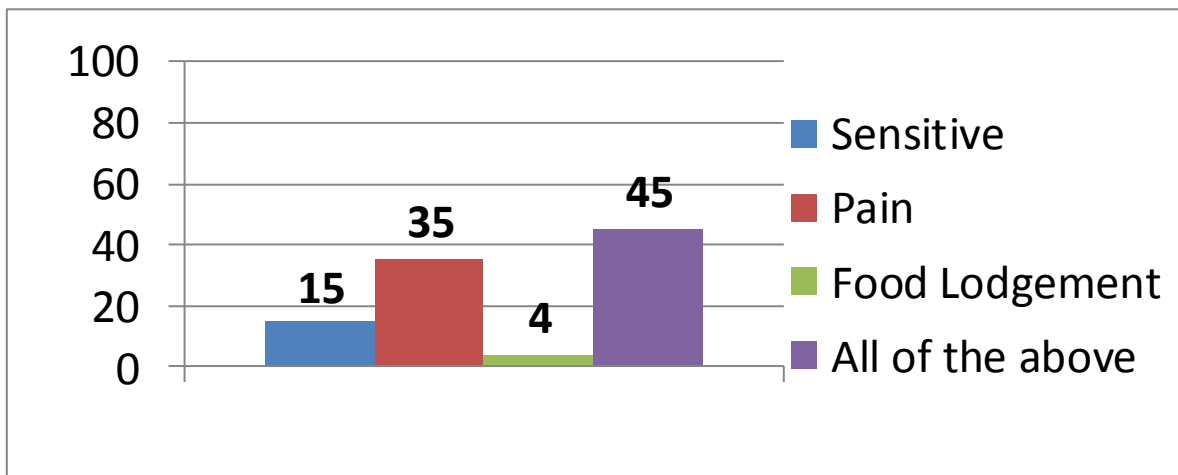
The initial question was framed to check whether patients were aware of dental caries. Among 60 patients, 90% patients were aware of dental caries. Following this, the questions were framed to evaluate the awareness of the patients towards dental caries.

Do you know what dental caries is?



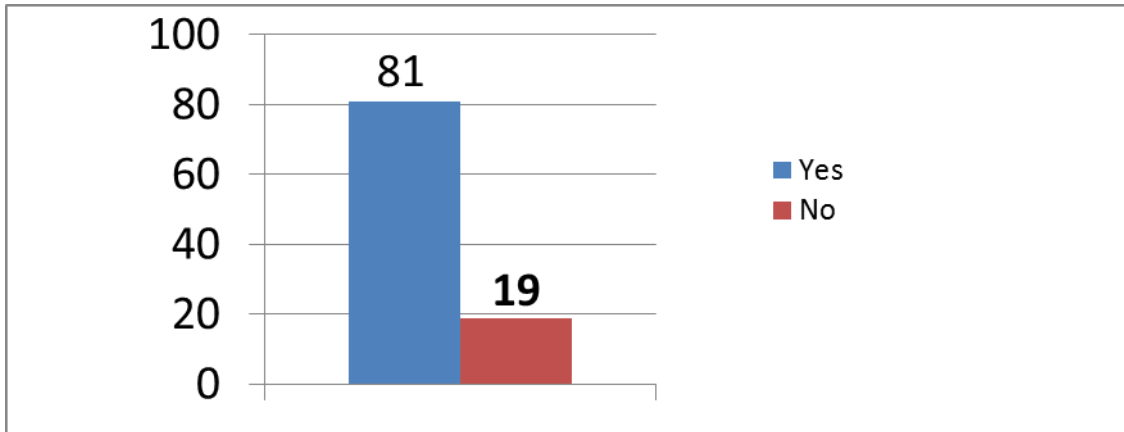
Symptoms associated with dental caries?

Almost 45% of patient were aware of all the symptoms of dental caries. only 35% Of patients believes that pain is the symptoms of dental caries,15%of patients said sensitivity is the symptom of dental caries and only 5 % says food lodgment is a symptom associated with dental caries.



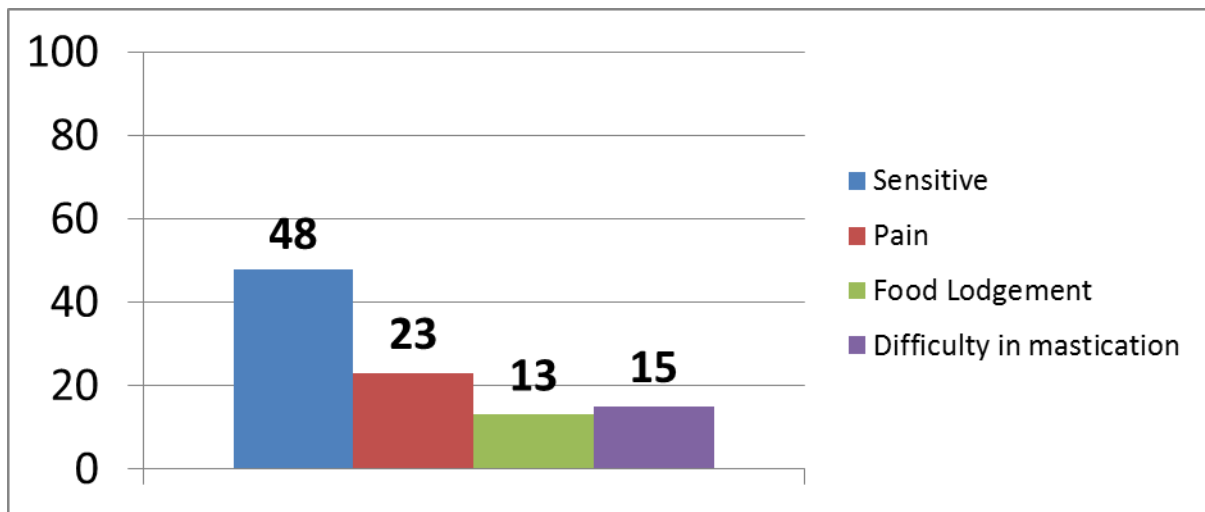
Do you know untreated dental caries can lead to further damage?

Almost 81% of patients were aware of untreated dental caries can lead to further damage and 19% of patients were not aware of it.



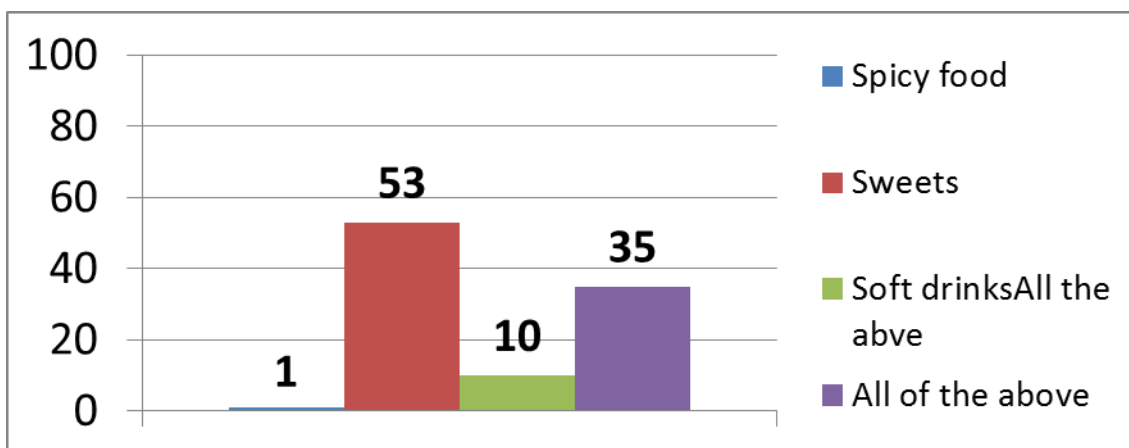
When will you go for the treatment?

48% of patients will go for the treatment in case of sensitivity , 23% of patient in case of pain,15% of patient will go for the treatment when they have difficulty in mastication and 13 % will go to treatment due to food lodgement .



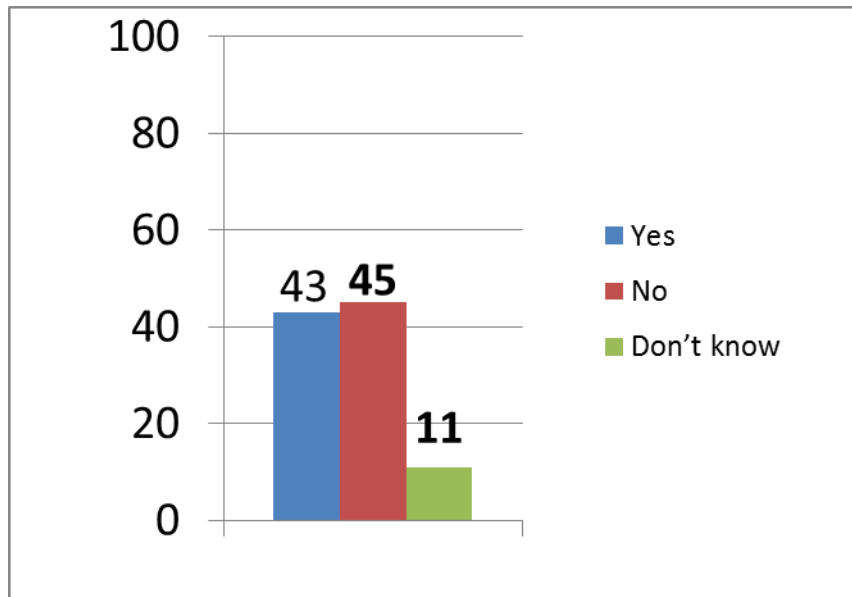
Do you know what type of food can cause dental caries?

53% of patient think that foods like sweets are the cause of dental caries,35% believes that sweets ,spicy food and soft drinks are the cause of dental caries ,10% of patient said that soft drinks is alone causes dental caries and 1% think that spicy foods are reason for dental caries.



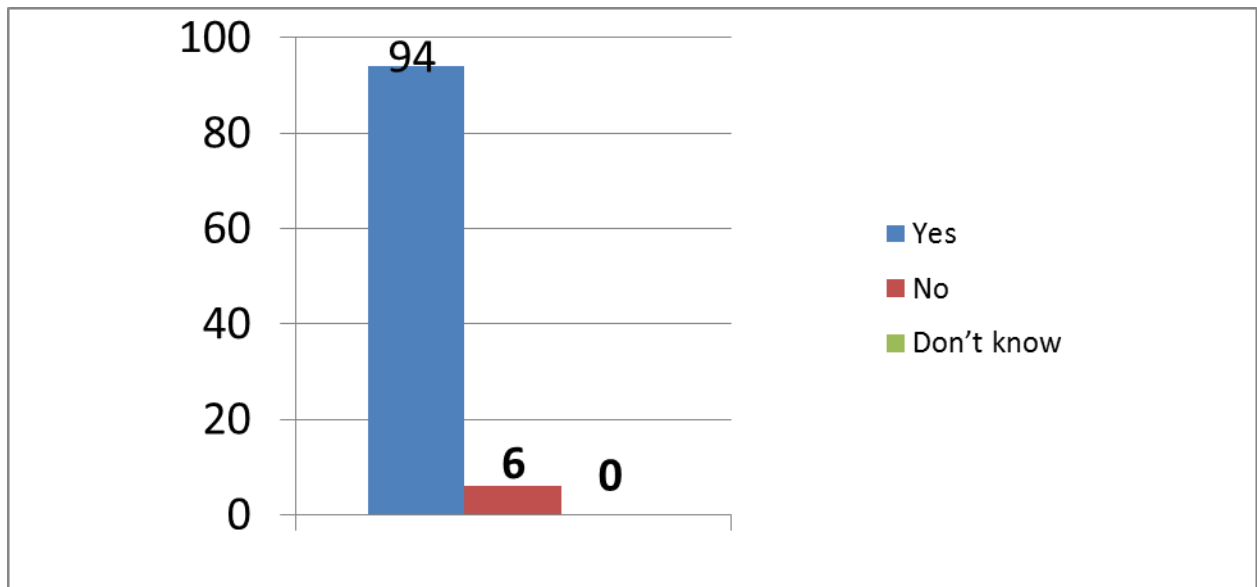
Do you know dental caries can be solved by brushing?

45% of patient were aware of that brushing cannot solve dental caries,44% of patient were not aware that brushing cannot solve dental caries and 11% of patient does not know either of these .



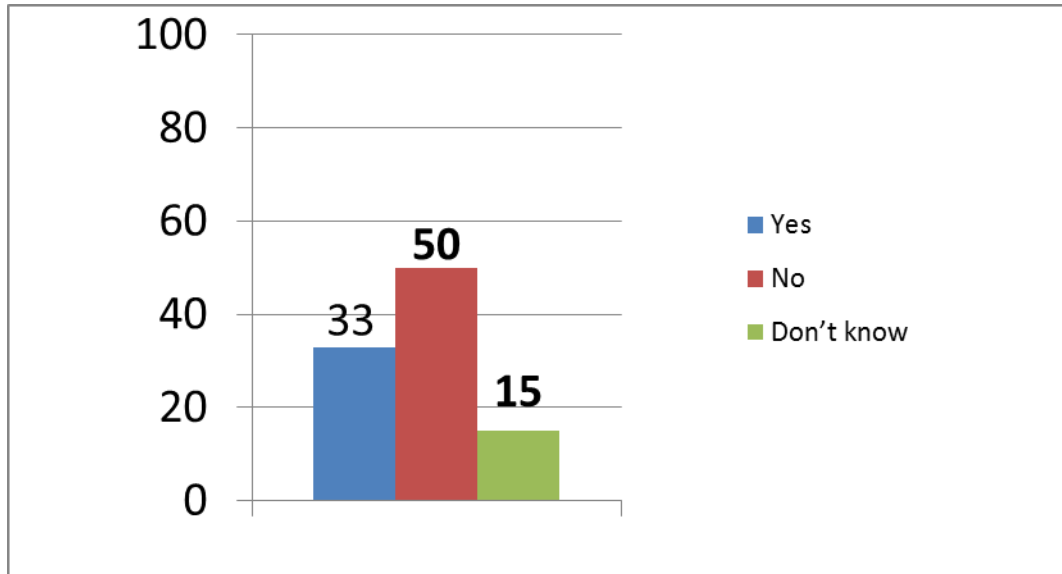
Do you think that brushing in the night before sleep is important?

94 % of patients were aware that brushing during night is important and 6% of patient does not know that brushing during night time is important.



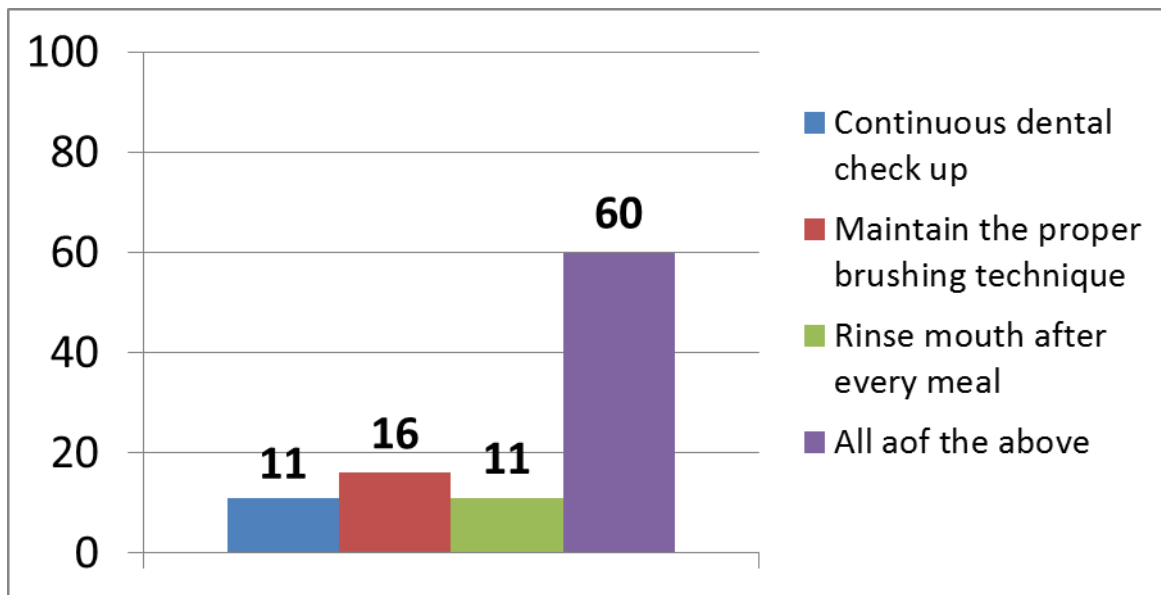
Do you think that carious tooth must be extracted?

50% of patients were aware that carious tooth can be saved without extraction,35 % of patient believes that carious tooth must be extracted and 15% of patient does not know either to be extracted or not.



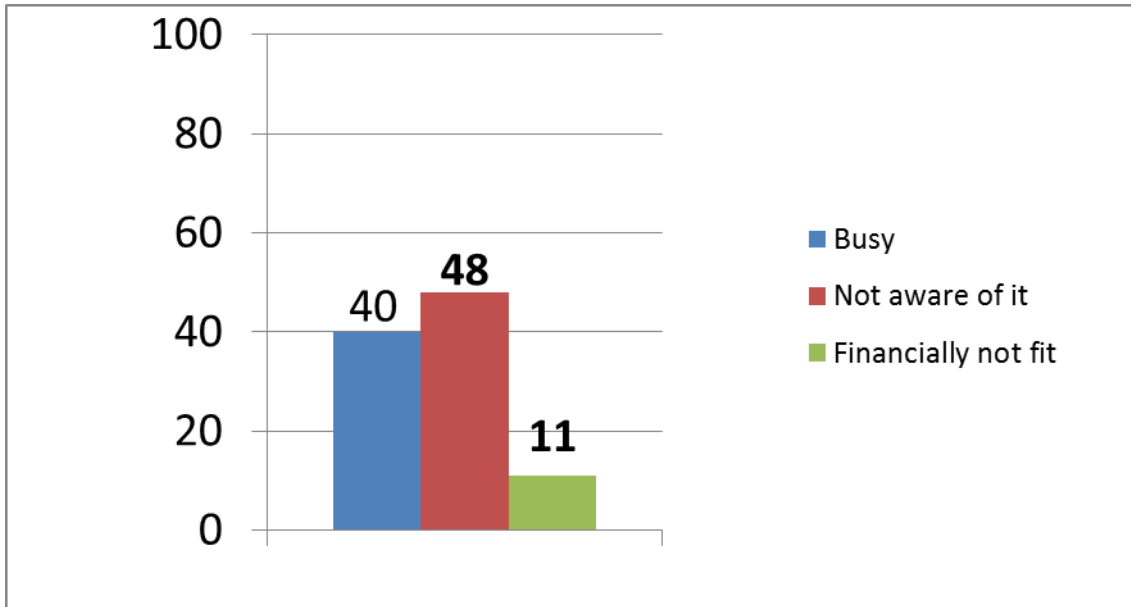
Dental caries can be prevented by?

60% of patients were aware that dental caries can be prevented by rinsing mouth after every meal, routine dental check up and maintaining the proper brushing technique. 16% of patient think that maintaining proper brushing technique can prevent dental caries, 11% of patient said that routine dental check up and rinsing after each meal helps to prevent dental caries.



Why do you skip dental treatment?

48% of people skip dental treatment because they are not aware of it, 41% of patient said that they are busy so they skip dental treatment and 11% of patient skip treatment because they are financially not fit.



DISCUSSION

The cross sectional study was conducted to know the awareness among the individuals regarding dental caries. Dental caries has been a subject of intense debate due to its importance in statistical measurement and for the clinical control of this disease [1]. Usually it occurs due to the accumulation of plaque and calculus. When carious tooth left untreated it may further lead to the severe form of destruction of tooth and leads to pulpitis , dento alveolar abscess ,cyst, cellulitis along with the destruction of surrounding periodontal tissues [2]. Studies reveals that most of the patient participated knows what dental caries is, symptoms associated with it and also knows that it can lead to further destruction if it is untreated. Patients skip dental treatment because still they are not aware of further consequences along with that they skip treatment because of busy schedule and through this study we have come to know that little group of patient skip treatment because they are not financially fit to get their treatment done.

Some vegetarians, particularly vegans (those who do not consume any food or drink of animal origin), can experience deficiencies in calcium, vitamin D, riboflavin, vitamin B12 or complete proteins. This can put them at greater risk for tooth decay and gum disease. Studies show that by eating the right amount of fruits, vegetables, grains and legumes, vegans can get the nutrients they need.

CONCLUSION

This study showed that the prevalence of dental caries remains high among urban adults. The awareness about good and bad dental practices was found out to be low among the study participants [3].Most of the patient participated neglected dental treatment because they are not aware of the consequence and also due to their busy schedule .This study reveals that there is a need for accessible and affordable oral health services to be provided to this community. This can be in the form of oral health education in the community and to create awareness about oral health in the general population. Simultaneously, services for oral health care at the primary level can be established in order to bring oral health care to the doorsteps of the people.

REFERENCES

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