



## KNOWLEDGE AND AWARENESS ON DIETARY PRACTICE INFLUENCING ORAL HYGIENE AMONG ADULTS IN A RURAL AREA

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### ABSTRACT

**Aim:** To do a survey on knowledge and awareness of dietary practices among adults in a rural area. (Kanchipuram)  
**Objective:** Dental health is not alone concerned with brushing and flossing but also includes dietary practices of people.  
**Background:** Foods that adhere to the teeth increase the risk of tooth decay compared to foods that clear from the mouth quickly. If the food particle contains soluble sugars it is washed out quickly by the saliva. The longer carbohydrate containing food are around the teeth, the more time bacteria have to produce acid and greater the chance of demineralisation.

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### INTRODUCTION

Health is significantly related to oral health behaviours and their knowledge(1). Oral health knowledge contributes to good oral health, but unless attitudes and habits are developed and put into practice (2). It is important to review the knowledge, attitude, and practices of the health of adults, even though they are educated, with the objectives of inculcating healthy lifestyles practices to last for a lifetime (3).

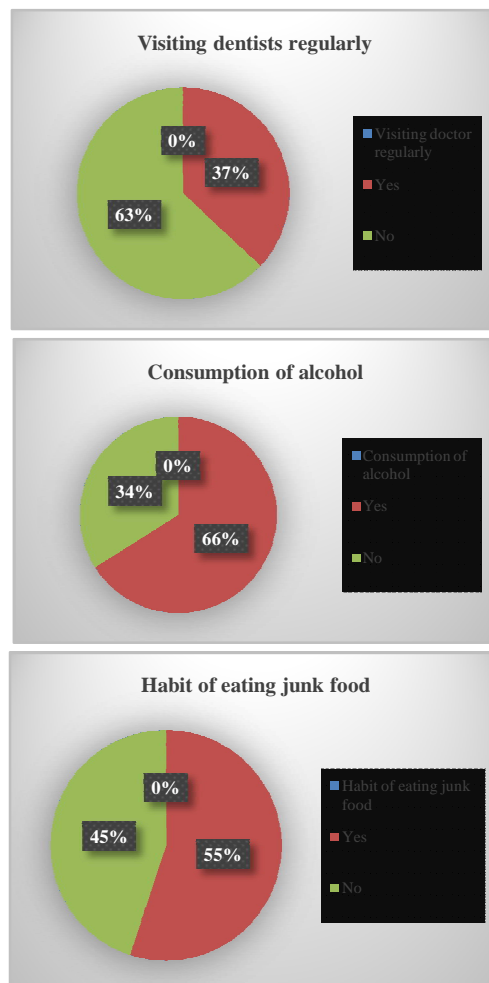
For many years the message to prevent oral diseases was “not to eat sugar and sugary foods”. Not only sugar but many other products are also harm to our teeth(4). We consume many things which has a very bad effect on our teeth. This survey was carried to create a awareness on oral hygiene to the people in rural area(5).

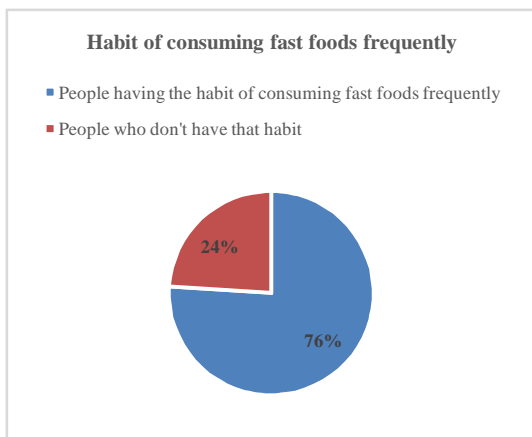
Preventive dental knowledge is the precursor of the reduction of caries prevalence(6). It was noticed that young children’s oral health conditions were influenced by their parents’ knowledge of dental preventive measure(7). These included good oral hygiene, healthy and balanced diet and periodic dental clinic visits(8).

### MATERIALS AND METHODS

A survey was conducted in a rural area in tamilnadu (kanchipuram). The survey includes the adults of age group 30-45. A questionnaire containing few questions was given to them and the responses were collected and the results were statistically analysed.

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## RESULTS AND DISCUSSION

Out of 100 participants, 37% of them have the habit of visiting their dentists regularly. 65% of them have the habit of consuming alcohol. 55% of them have the habit of eating junk food and 76% of the participants have the habit of consuming fast foods frequently. Then majority of the people have the habit of consuming coffee frequently. Only few have the habit of brushing the teeth twice a day, 66% of persons have the habit of consuming alcohol.

## CONCLUSION

Oral hygiene behavior exhibited by the university students sample was similar (1). Majority cleaned their teeth, although only once (2). Frequent smokers perceived oral health problems more than other students (3). Current oral hygiene measures, appropriately used and in conjunction with regular professional care, are capable of virtually preventing caries and periodontal disease and maintaining oral health (4).

Tooth brushing and flossing are most commonly used oral hygiene aids, though interdental brushes and wooden sticks can offer advantages in periodontally involved dentitions(5). Patient's adherence to the periodontal treatment is fundamental to the success of the therapy (6). Lack of response to the clinician's instructions is influenced by various factors, including gender, age, and psychosocial profile (7).

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