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KNOWLEDGE AND AWARENESS ABOUT THE DENTAL HEALTH AND EATING PATTERN AMONG THE DENTAL STUDENTS

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**S. Divyashri, R. Gayatri Devi, Jothi priya. A. KNOWLEDGE AND AWARENESS
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ABSTRACT:

Eating patterns are important for building sustainable dental health. If the eating habit is good then the dental health of the individual will be in the pink of the health. Many problems are caused due to changing food habits and eating patterns. Humans need a wide range of nutrients to lead a healthy and active life. This study is to determine the dental health and eating pattern among the dental students. A set of questions was prepared and circulated in online survey monkey software. The sample size chosen for this study is 100. At the end of this study all data were compiled for the statistical analysis. From this survey, 57% of the students brush their teeth once a day and 42% of the students brush their teeth twice a day and 1% of the students brush their teeth thrice a day after eating food. From this survey we concluded that the eating pattern and dental health among the dental students is moderate and as a dentist they know more about dental health and they suggest the public about oral health.

INTRODUCTION:

Dental and oral health is very important for general health. Poor dental health leads to the dental caries and oral patterns in the mouth. Bad dental health

leads to heart disease, cancer and diabetes. Maintaining good oral health leads to a healthy life. Everyone should follow good eating patterns for gaining good health (Horowitz and Kleinman, 2008). The oral health status influences on the factors, like orthodontic disorder, bruxism, drug intake, and sweet eating habits will affect the oral health (Elamin, Garemo and Gardner, 2018). The caries risk factors affect the both biological, social behaviour and environmental factors of the oral health (Rao *et al.*, 2020). E-cigarette are one of the methods for stopping the smoking habits which are very harmful for dental health and for general health. For that the e-cigarette is brought into use and then it is avoided (Moss, 1998). Due to the intake of unhealthy food like beverages, chocolates, acid drinks will cause erosion to the teeth surface. And from that erosion the dental caries will occur (Bagramian and Russell, 1973). The participants who have between meal habits they have less dental caries than the normal people ((Bagramian and Russell, 1973; Crossley and Khan, 2001). The most food particles will occupy the pits and fissure of the teeth. When there is no regular flossing, cleaning of the teeth will lead to dental caries (Woolfolk *et al.*, 1985). It is necessary for the dental students to choose their food. The choice of choosing the food plays an important role in the dental health of the students (Shereen and Al-Maflehi, 2014). The dental students should know about the dental experience and carry preventive methods for which they can keep the oral health status good (Yahia *et al.*, 2014). Dental students when they intake the food who do regular practice of exercise will body mass index will be dependent on eating habits (Willershausen *et al.*, 2007). Dental health education will improve oral health (Schou and Wight, 1994). The person who has good dental health will help the people to know about dental health.(Dumitrescu, Zetu and Teslaru, 2012). Sugar plays an important role in dental caries. Caries are caused more due to the sugar substance in the food (Newbrun, 1982). In children's breast milk causes childhood caries(Ribeiro and Ribeiro, 2004). Effect of the caries treatment under general anaesthesia on the oral health, behaviour and growth of the development of the children(Zhao, Lai and Wang, 2019). The survey on general health of the school children depends on the oral health. The right eating patterns include maternity, right eating patterns and glucose tolerance (Loy *et al.*, 2019) The aim of this study is to create awareness on dental health and eating patterns among the dental students.

MATERIALS AND METHOD:

This is a cross sectional survey based on the study and a set of questionnaires was prepared based on dental health and eating patterns among the dental students through survey planet software. The sample size chosen for this study was 100. Before the start of the survey, a detailed explanation of study was shared to the participants. Once the participants completed filling the survey, all the data were compiled for statistical analysis.

RESULT AND DISCUSSION:

As dental students it is important to maintain oral health and should maintain their eating pattern which will not affect the dental health. In this study among 100 dental students only 57% of the dental students brush their teeth once a day and 42% of the dental students brush their teeth twice a day and only 1% of dental students brush teeth thrice a day after every meal as shown

in (fig.1). Among the dental students only 73% of the dentist eat healthy food and 27% of the dentist does not eat much healthy food (fig.2). Only 21% of dental students brush their teeth after meals. (fig.3). Among all dental students only 34% of dental students take special care for them and 66% of the dental students do not take much care (fig.4). Among the dental students only 97% of dental students agree that oral health is an internal part of general health and 3% of the dental students disagree (fig.5). And only 88% of the dental students agree that dental health has an influence on the overall quality of life and 12% of the dental students disagree about that.(fig.6).Only 44% of the dental students prefer sweet and chocolates and 56% of the students do not take much sweet (fig.7) (Newbrun, 1982). Among the dental students only 14% of dental students have bad habits other 86% don't have (fig.8). Only 88% of students say yes to the food which contains sugar of any kind can contribute to tooth decay and the other 12% say no (fig.9). Only 40% of students said that taking beverages when your stress will not affect your oral health and the other 60% of the students said no(fig.10).

As the previous research has explained, the more sugar consumption causes the dental caries.(Newbrun, 1982) When the food what we take at night should be rinsed after eating the food. Otherwise it will store in the mouth and cause oral problems. They should have the right eating patterns if they want good oral health(Crossley and Khan, 2001) . And the previous literature explains that the person who eats lunch will have less probability to get oral disease than the person who eats at night. As the dentist they should be aware of people who do not know about oral health. As the dentist they should keep an awareness camp and knowledge of the poor. In the current study it concluded that eating patterns are moderate among the dental students. Due to the moderate eating pattern the dental health is moderate in dental students. And in this present study we concluded that eating patterns play an important role in dental health.

Figure-1: Frequency of brushing teeth in a day.

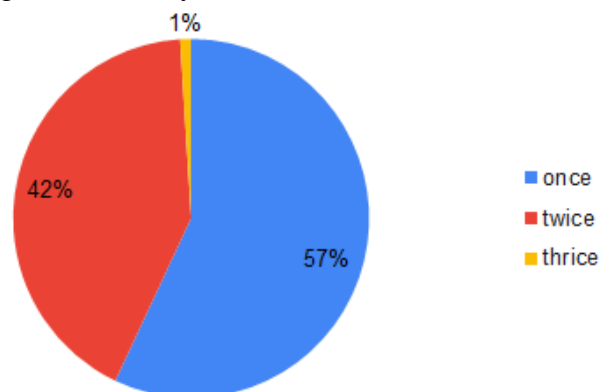


Figure- 2: Brushing teeth after meals.

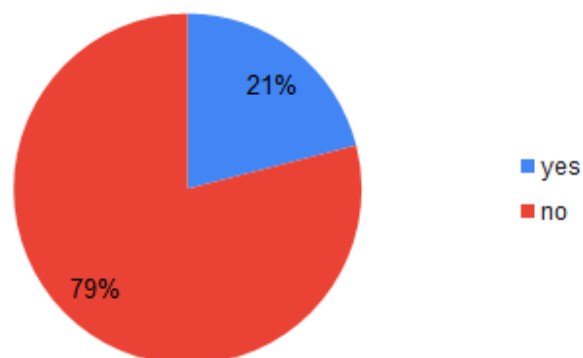


Figure-3: Eating healthy food

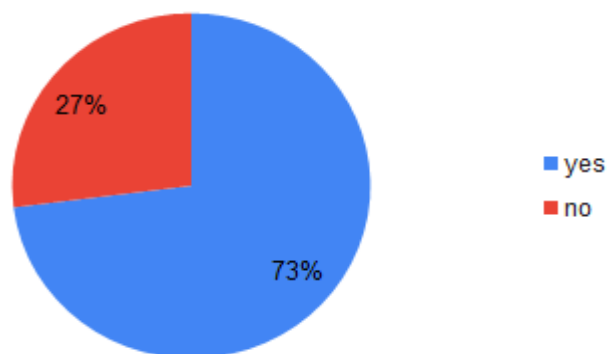


Figure-4: Taking Special care for teeth

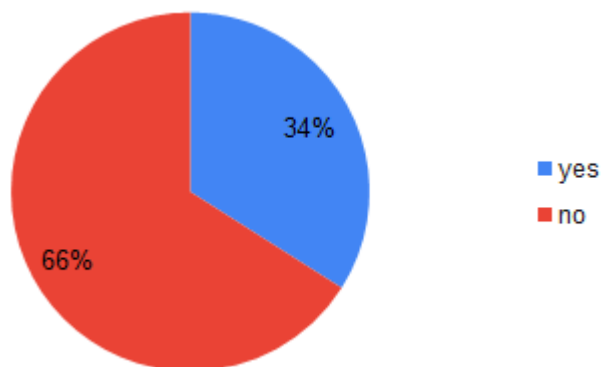


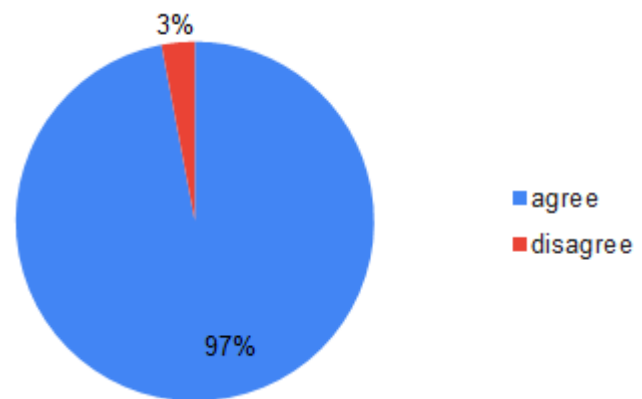
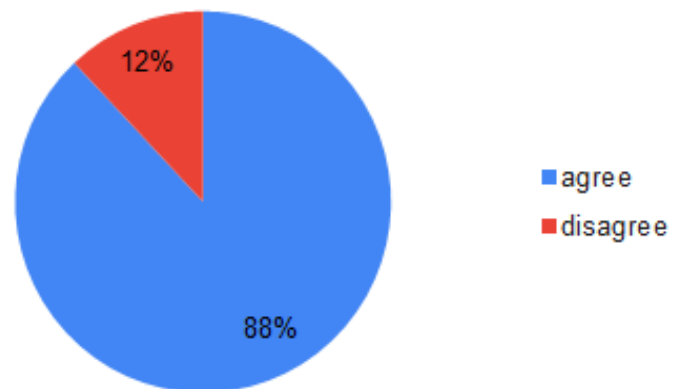
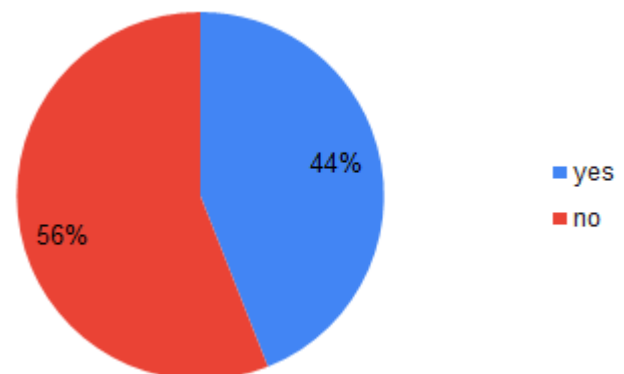
Figure-5: Oral health is an integral part of general health**Figure-6:** Dental health has an influence on the overall quality of life**Figure-7:** Preference of chocolate and sweets.

Figure-8: Having any bad habits

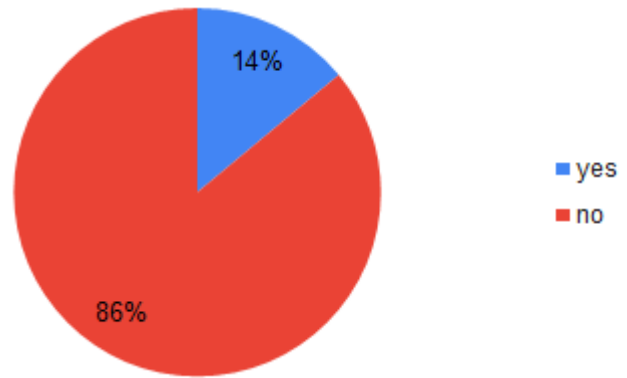


Figure-9: Food that contain sugar contribute to tooth decay

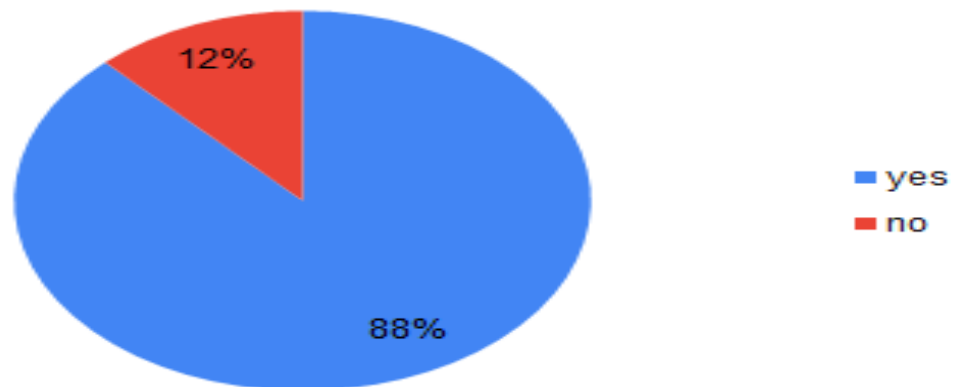
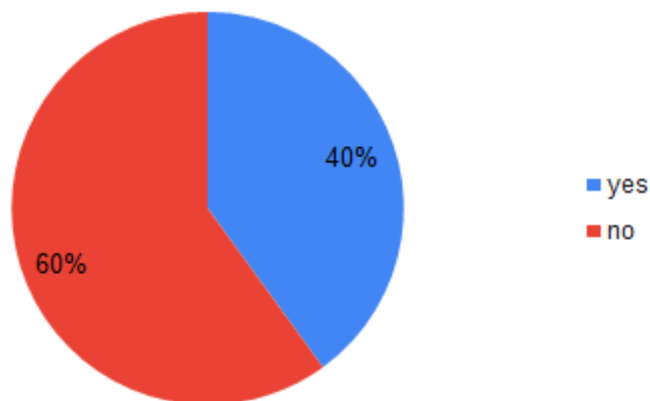


Figure-10: Taking beverages affect your oral health



CONCLUSION

Eating patterns are important for building sustainable dental health. Humans need a wide range of nutrients to lead a healthy and active life. This survey concluded that the eating pattern and dental health among the dental students is moderate and as a dentist they know about the dental health and they can suggest the public about the oral health.

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CONFLICT OF INTEREST

The authors declare no conflict of interest.

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