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Research Article

**IMPORTANCE OF ORAL HEALTH AND PRACTICES IN  
POPULATION OF LAHORE**

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**Abstract:**

**Background:** Oral hygiene is vital for good health. Oral health issues affect the quality of life of the patients. Diseases affecting oral health are considered public health concerns.

**Methodology:** The present study was conducted in University of Lahore dental hospital from the period of August 2017 to November 2017. The patients who were attending the outdoor department were included in the study having different oral health issues. Patients from urban and rural areas were included. Both gender participated in the study.

**Results:** Results of the study showed that the awareness about oral health was not satisfactory. Education and awareness campaigns can help to improve the concern of people about oral health. From the study it was found that 40 % of the participants used brush to clean the teeth. Miswak was used by 20 % of the participants, 10 % use charcoal and 30 % of them don't clean their teeth at all. Visit to dentist or Dental Hospital is performed because of the unavoidable dental issue.

**Conclusion:** From the study it was concluded that the oral hygiene awareness among the masses is poor and government should educate people through the help of awareness campaigns and through education system that the oral health is vital for good health. The limited dental Hospitals and availability of dentist to people ratio is also very poor. Extensive education plans for oral health should be incorporated at school levels. Access to the public dental health facilities should be improved for better oral health maintenance.

**Keywords:** Oral hygiene, Dental issue, Campaign

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**INTRODUCTION:**

The oral health of a person can be maintained by good oral hygiene. Oral diseases bring discomfort to person quality of life and are considered the public health issue. The dental health system are limited which are unable to meet the public demand. Therefore it is vital to promote the oral health among masses in order to reduce the burden of disease and cost in the health care system. It will also improve the beauty and quality of life of masses. Oral diseases which are very common may include traumatic accidents, poor oral hygiene, problem of development and genetic predispositions. There are many factors which affect the oral behavior about hygiene and looking for oral health assistance. Patients showed positive response when was provided information how to maintain better oral health of themselves and their family. The patients who were illiterate have no information about the importance of oral health and how to maintain it. The beliefs and attitudes about oral health and treatment also affect the oral health of patients. The attitude of the people play important role in maintaining oral health and preventing diseases. The behavior is linked with brushing of teeth; inter dental cleaning and visiting to the dentist for checkups. There are many factors which are which affects the oral habits of a person like socio economic status, literacy, family background, myths about teeth cleaning and poor knowledge of oral health and its importance. Different countries have different culture and also have different oral hygiene practices. Although in Islam the oral hygiene has been considered important and it is obligatory to brush teeth before offering prayer but unfortunately the religious

cleanliness concept is missing in daily practices. Japan and China are considered the nations who care most about their oral health and hygiene (6). Chinese brush their teeth regularly. Literature and studies from different countries like USA, Tanzania and Saudi Arabia showed that the brushing teeth is found a regular activity among school children and there was found small percentage who did not brush their teeth and even did not use miswak. The purpose of the present study was to know the oral hygiene practices and diseases present among the people who have visited the outdoor patient department of Dental Section of Dental Hospital.

**METHODOLOGY:**

This is a hospital based descriptive study. Close end questionnaire was developed to obtain information from the patients about their personal demographics and habits. Information about their personal oral hygiene was recorded. The study was hospital based and was conducted from the period of August 2017 to November 2017 in OPD of Dental Hospital of University of Lahore. Patients from both the gender and all age groups were included. Total 500 patients participated in the study and their response recorded for study purpose.

**RESULTS AND DISCUSSIONS:**

From the results it was found that the male patients were more in number as compared to female patients which accounts 40 percent of the participants. Age group of the participants was also vast from children to the senior citizens. The distribution of participants according to age group was represented in the table 1.

Table 1

Gender	Participant	Percentage
Male	300	0.6
Female	200	0.4
<b>Age</b>		
6-15 years	50	0.1
16-25 years	100	0.2
26-35 years	60	0.12
36-45 years	100	0.2
46-55 years	140	0.28
56-65 years	30	0.06
66 years and above	20	0.04
<b>Oral Hygiene habits</b>		
Use tooth Brush	200	0.4
Use Miswak	100	0.2
Charcoal	50	0.1
Use tooth floss	50	0.1
Don't clean teeth	150	0.3

From the above table 1 it is clear that the use of tooth brush for cleaning the teeth was used by 40 percent of the participants and miswak was used by 20 percent of the participants. Use of charcoal was found in 10 percent of the participants and use of tooth floss was observed in 10 percent of the participants. There were 30 percent of the participants who never brushed or cleaned their teeth till teeth or gum problem found. Table 2 is about the response of the participants regarding their oral health awareness, their oral habits and their visits to the dentist for checkups and follow ups. From the table below it was clear that the participants use less time to brush their teeth from recommended time. 40 percent of the participants use brush for less than one minute in cleaning their teeth. Only 10 percent of the participants brush their teeth properly. There were 10 percent of the participants who visits dentist in every 6 months due to their regular follow ups and teeth problem. 20 percent were those who had visited once in a year. 40 percent of the participants were those who visit dentist when they faced severe problem of oral health. The follow ups were observed in few participants (4 %). Oral Awareness

among the masses were also poor. Only 20 % of the participants were aware about the oral health and hygiene. 60 percent of the participants have no idea of oral hygiene and health. From the response of the participants it was observed that the education and awareness programs about oral hygiene and health are very important and government should pay attention to this important public health issue. The participant's education level was also from illiterate to graduate as was clear from the table below. As the education level enhanced the awareness about oral health and hygiene had shown improvement. Better cleaning habits were observed in educated people and the people from urban areas. Complete awareness was provided to the participants about how to clean teeth and what is the recommended time and ways to use brush for maintaining good oral health. Also information about how many times the teeth must be cleaned was provided to them. It was recommended to participants to use brush after every meal and eating sweets. Tooth decay and other dental issues can be avoided for long time if proper care to oral health was provided.

Table 2

Brush time	Response	Percentage
Less than 1 minute	200	0.4
Less than 2 minute	50	0.1
<b>Visit to Dentist</b>		
Once in 6 Months	50	0.1
Once in year	100	0.2
In Oral problems only	200	0.4
Follow ups	20	0.04
<b>Oral hygiene Awareness</b>		
Yes	100	0.2
No	300	0.6
Don't know	100	0.2
<b>Education</b>		
Primary Level	200	0.4
Secondary Level	100	0.2
Graduate	100	0.2
Illiterate	100	0.2

The positive health behavior is cleaning the teeth and eating healthy and raw food. Consumption of bakery and sweet products can cause the oral health issues. Plaque removal on regular basis is considered important for maintaining good dental health. Presence of bacterial plaque can cause many dental issues like gum problem, bad breath and tooth decay. The cleaning of teeth by dentist can help to prevent many diseases. From the results and discussions it was observed that oral health practices are not satisfactory among the population

and access to dental facilities in remote areas are poor. An integrated approach is required. Government should generate awareness about oral health and oral hygiene for better quality of life by using the strengths of social and electronic media.

### CONCLUSION:

From the study it can be concluded that the awareness and education about oral health practices is required at all level among the population. With the help of print, electronic and social media the task of creating awareness among literate and

illiterate can be achieved which can help to overcome the burden of dental diseases in the health system.

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