

Practices of Oral Hygiene and Techniques to Clean Teeth among Medical Students

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Abstract

For general health and the quality of life, oral health is fundamental. It is a condition free of mouth and facial pain, cancer of the oral and throat, oral infections and sores, periodontal disease, tooth decay, tooth loss, and other diseases and disorders that limit the ability of a person to bite, chew, smile, and speak; it also affects psychosocial well-being. Our research aimed to examine teeth cleaning techniques and practice of oral hygiene among medical students..

Keywords: Oral health; WHO; Hygiene; Periodontal disease

Description

For general health and the quality of life, oral health is fundamental. It is a condition free of mouth and facial pain, cancer of the oral and throat, oral infections and sores, periodontal disease, tooth decay, tooth loss, and other diseases and disorders that limit the ability of a person to bite, chew, smile, and speak; it also affects psychosocial well-being. Our research aimed to examine teeth cleaning techniques and practises of oral hygiene among medical students. An integral component of the health of a person is oral health. Around 60% to 90% of children and almost every adult in the world have dental cavities, according to the World Health Organization (WHO) [1].

"Oral health is a functional, structural, aesthetic, physiological, and psychosocial state of well-being, according to the American Dental Association (ADA), and is essential to the general health and quality of life of an individual." [2].

Significant morbidity and mortality are associated with poor oral health. According to a report conducted in the USA, it was concluded that the number of visits to the emergency department has risen by 16 percent since 2006 due to preventable dental conditions. Poor oral hygiene has a significant effect on general health and is related to many systemic diseases. Systemic diseases have an effect on oral diseases as well. Bad glycaemic control is associated, according to a review report, with an increased risk of serious periodontitis [3]. A research on Indian students concluded that adolescents were unable to test their dental hygiene correctly. The authors related this to a lack of self-assessment abilities for oral health, which resulted in poor oral hygiene. We hypothesised that medical students will be able to maintain proper dental hygiene, given the fact that medical students are more educated and aware of health problems. Assessing their understanding, attitude, and practise of oral health is critical because they are potential practitioners who will be responsible for handling and preventing oral health diseases. Our work aimed to examine teeth-cleaning techniques and oral hygiene activities among medical students [4]. To explore gender-based differences in oral health, several studies have been carried out. In women, the incidence of caries was higher than in men, and the result has been reported across different cultures and periods of time [5]. Many factors, including lifestyle differences and cultural expectations, can be attributed to this difference. However, females were more likely to practise oral hygiene than their male counterparts, according to a study done on Greek dental students, who were exposed to a literate, urban environment and had better knowledge of health care. The fact that women are more mindful of their appearance and

body image than men and, therefore, have a proactive approach to promoting and preserving oral health could explain this.

Discussion and Conclusion

Medical students have been found to have a flawed system of brushing their teeth. Since poor oral hygiene can have a negative impact on the overall health and quality of life of a person, there is a dire need to spread knowledge about correct teeth cleaning techniques.

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