

Sample Survey Done to Know the Awareness of Oral Diseases in Bhopal.

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ABSTRACT

Background: Oral diseases are one of the most prevalent diseases in the world. About 100% population suffers from dental caries and 5-6% suffers from gingivitis. Increased consumption of tobacco and betel nut has led to a substantial increase in the number of patients suffering from oral cancer. Proper knowledge about the oral diseases can cure them and hence reduce the global burden. **Aim:** To know the awareness of oral diseases in Bhopal. **Methods:** All the faculty and clerical staff in Navin College were asked to fill in the questionnaire, information obtained was analyzed and tabulated. **Results:** Average awareness of the sample was found to be 84%. amongst the dental diseases 78% people were aware of dental caries and tooth mobility, 56% were aware of gingivitis while 80% people were aware of oral carcinoma. **Conclusion:** the results obtained concluded that most of the people knew quite well about oral and dental diseases.

Keywords: Oral disease, awareness, caries, periodontitis, GHEC.

INTRODUCTION

Healthy mind resides in a healthy body and to maintain a healthy body, it is essential to have good oral health. Thus oral health is definitely an integral part of general health and well being of a person.^[1] Despite of implementation of various programs to prevent oral diseases at community level oral and dental diseases still remains a global problem, particularly amongst the unprivileged population in both industrialized and developing countries.^[2,3]

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According to GHEC (Global Health Education Consortium) unhealthy diet, poor oral hygiene, lack of nutrition, widespread use of tobacco and alcohol are the causal factors associated with chronic oral diseases. Apart from this the influences of socioeconomic, behavioural and environmental factors in oral health and disease has been well documented.^[4,5]

This article represents a sample survey done to know about the awareness of oral diseases in a particular population.

MATERIALS AND METHODS

A survey was carried out in Navin Arts and Commerce College, Bhopal and patients were asked to answer the questionnaire. The information obtained by questionnaire was collected, analyzed and was put in the form of tables. Simple mathematical calculations were used to calculate the percentage of people aware about the different oral diseases.

Questionnaire

Name:

Age :

Sex:

1. Do you know about dental caries.
Yes----. No-----
2. Do you know about gum disease and periodontitis. yes----- no---
3. Do you know about tooth mobility.
Yes---- no-----
4. Do you know about oral carcinoma.
Yes----- No-----

RESULTS

In the survey, approximately 50 patients were examined and out of which 42 were aware of oral diseases and 8 were unaware [Table 1]. If we see awareness of a particular disease then 39 out of 50 were aware of dental caries 26 about gingivitis and 39 about tooth mobility while 40 people knew about

oral carcinoma [Table 2 & 3]. The results have been tabulated below.

Table 1: Awareness for Oral diseases.

Number of patients aware of oral diseases	42
Number of patients unaware of oral diseases	08
Percentage awareness	84%

Table 2: Awareness for Dental Caries.

Total number of patients	50
Number of patients aware of dental caries	39
Percentage awareness	78%

Table 3: Awareness of periodontal/Teeth mobility/Oral Carcinoma.

Total number of patients	50
Number of patients aware of periodontal disease	26
Percentage awareness	52%

Total number of patients	50
Number of patients aware of teeth mobility	39
Percentage awareness	78%

Total number of patients	50
Number of patients aware of oral carcinoma	40
Percentage awareness	80%

DISCUSSION

In the above survey, awareness of oral diseases was found to be 84%, which is quite good. This survey was carried out in an academic institution and hence the results are justified. Maximum people knew about oral carcinoma, dental caries and tooth mobility whereas the little less number of people were aware of gingivitis and periodontal problems.^[6,7]

Oral diseases like dental caries, periodontal problems and oral cancers all pose threat to physical fitness and general health of an individual. It has been documented by the surveys worldwide that the prevalence of dental caries is almost as high as 100% in the majority of the countries, while gum diseases and periodontitis affects about 5-20% of the world population.^[5,7,8]

The purpose of this study was to know about the awareness of oral diseases amongst the people. If these types of surveys are carried out in different sections of the society and different socioeconomic groups we can actually know about the difference in awareness of oral diseases amongst various sections of society. Hence policies, strategies and schemes to enhance the community based educational programmes can comprehensively be applied and appropriately executed.^[1,2]

Global health programme conducted by GHEC and WHO aims to (a) reduce the burden of oral diseases, (b) promote healthy lifestyles and reduce risk factors of oral health, (c) develop oral health systems that improve outcomes, (d) frame policies in oral health based on integration of oral health into national and

community health programs. Although GHEC, the global health education consortium makes strategies at community, professional and individual level, but majority of them help in prevention and control of oral diseases. Very few programs like screening of oral diseases in school at community level and self initiated use of dental services at individual level help in increasing the awareness of oral diseases. Thus a considerable number of policies and strategies should be framed to promote educational programs which can effectively demonstrate the types of oral diseases, their symptoms and line of treatment.^[1,2,9,10]

CONCLUSION

Survey reports of WHO reveal that the prevalence of oral diseases is quite high worldwide. This survey was done to know the awareness of oral diseases in a given population. To conclude knowledge of oral and dental diseases will make people aware of their oral health and hence decrease the global burden of oral diseases.

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