

Survey of Oral Hygiene Awareness among the People of USA and India

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Abstract

Objective: The study's goal is to compare and contrast people's awareness and knowledge in the United States and India.

Method: Study is conducted between people of California State of USA and Indian people of each age group of both the genders. General questionnaires were asked to them for the purpose of study. Results- People of developed country USA are much more aware of oral hygiene as compared to developing country India.

Conclusion: Awareness regarding oral hygiene among Indian people is not satisfactory due to insufficient knowledge whereas in USA oral hygiene among American people is satisfactory due to their awareness and sufficient knowledge.

Keywords: Dental Knowledge, Oral Hygiene, Oral Health, Awareness.

Introduction

Oral hygiene is extremely essential for overall body wellness. In the prevention of bad breath, tooth decay, and gum disease, good oral and dental hygiene is crucial. When people neglect their oral hygiene, germs can adhere to their teeth and develop a sticky, white film known as dental plaque, which can lead to tooth decay and cavities.

(1) Using fluoride toothpaste and mouthwash can help to protect the teeth. Every patient should wash their teeth properly to ensure that they are fully cleaned. To thoroughly clean the teeth, a soft bristle brush should be utilized. It should begin from the rear of the mouth, either on the top or bottom, and work its way up and down to the proximal contacts of the teeth. Brush your teeth twice a day with a soft bristle brush, and floss once a day. (15,14) Brushing with the proper technique removes germs and freshens the breath. Poor oral hygiene is a major contributor to periodontal disease and cardiovascular disease. As a result, appropriate oral hygiene knowledge is critical to an individual's general health development. (3). Oral hygiene is the practice of brushing one's teeth (dental hygiene) and cleaning between the teeth to keep one's mouth clean and free of illness and other issues (such as foul breath). It is essential to practice good oral hygiene on a regular basis in order to avoid dental disease and bad breath. Tooth decay (cavities, dental caries) and gum disorders, such as gingivitis and periodontitis, are the most prevalent kinds of dental disease. [1] Brushing with fluoridated toothpaste at least twice a day is recommended for adults, including brushing last thing at night and at least once more. [2] Interdental cleaning is just as essential

as tooth brushing when it comes to cleaning between the teeth.[3] This is due to the fact that a toothbrush cannot reach between the teeth and so only removes roughly half of the plaque from the teeth's surface.[5] There are a variety of instruments for cleaning between the teeth, like as floss, tape, and interdental brushes; it is up to the person to decide which tool they prefer. Oral hygiene is sometimes linked to white or straight teeth. A sanitary mouth, on the other hand, might have discolored or misaligned teeth. People may employ tooth whitening treatments and orthodontics to improve the appearance of their teeth. A happy, healthy grin

The relevance of the oral microbiota in dental health is becoming more well acknowledged.[2][7][9] According to findings from human oral microbiology research, a commensal microflora can transform into an opportunistic pathogenic flora as a result of complicated environmental changes. [6] Rather than the bacterium, the host is responsible for these modifications. [9] During the Industrial Revolution, archeological evidence of calcified

dental plaque reveals a dramatic change in the oral microbiome towards a disease-associated microbiome, with cariogenic bacteria becoming prevalent. [9] [8] The oral microbiota of today is much less varied than that of previous generations. [6] Caries (Cavities), for example, has become a serious endemic illness in industrialized nations, affecting 60-90 percent of students. [8] Dental caries and periodontal disorders, on the other hand, were uncommon among pre-Neolithic and early hominins. [10] [11]

Material and Methods

Study design: The research was based on a questionnaire survey with a sample size of 100 participants from California, USA. India is represented by 100 individuals. This study included a total of 200 individuals. Cross-sectional research was done among persons in the United States and India. A questionnaire with 12 multiple choice questions was sent to random persons in the United States, while a similar questionnaire was distributed to random people in India of various ages.

Questionnaires	Canadian people (%)	Indian (%)
1.How often you brush your teeth? A. once a day B. Twice a day C. Don't know D. Refused	A.8 B.90 C. - D.2	A.70 B.30 C. D.
2.Do you ever visit dentist after every 6 months for regular checkup? A. Yes B. No C. Refused D. Do not know	A.95 B. - C.5 D. -	A.10 B.90 C. - D. -
3.Do you ever had done treatment of deep cleaning of your teeth that is scaling or	A.94 B.2	A.45 B.55

root planning? A. Yes B. No c. Refused	C.4 D. -	C. - D. -
4. Do any of your teeth loose on their own without any injury? A. Yes B. No C. Refuse	A. - B.98 C.2 D. -	A.65 B.20 C. - D. 15
5. Do you use mouthwash to treat any dental disease or dental problem? A. Yes B. No C. Refused D. don't knows	A.98 B.2 C. - D. -	A.20 B.80 C. - D. -

6. How you clean your teeth? A. Dental Floss only B. Brush and toothpaste only C. Brush and toothpaste along with dental floss	A.- B.5 C.95 D. -	A. 75 B.10 C. - D.20
7. How often do you floss your teeth each day? A. Never B. Once a day C. Twice a day D. Thrice a day E. Don't know	A.2 B.90 C.6 D.2 E. -	A.20 B.10 C.10 D.60 E.-
8. How much toothpaste do you normally put on your toothbrush? A. full length of bristles B. Half-length of bristles C. About the size of pea D. About the size of grain of rice	A.10 B.10 C.80 D. -	A.75 B.15 C.10 D.-

09. Do you smoke or use tobacco A. Yes B. No	A.60 B.40	A.85 B.15
10. How would you rate the health of your teeth and gum? A. Excellent B. Very good C. Good D. Fair E. Poor F. Refused G. Don't know	A.75 B.5 C.20	A.25 B.25 C.75

Results

The patient was asked to fill out a questionnaire on his or her overall oral hygiene. According to the findings, 98 percent of Americans wash their teeth twice a day, but just 24% of Indians brush their teeth twice a day. 91 percent of Americans floss at least once a day. On the other hand, 63 percent of Indians are unaware of the floss. When asked how often they go to the dentist, 85 percent of respondents in the United States say they go twice a day, compared to 45 percent who don't go and 53 percent who only go when they have a toothache.

In the United States, the majority of people enjoy dentists, but in India, 72% of people are afraid of them. According to the findings of this study, 81 percent of people have good teeth, whereas 46 percent have bad teeth. Scaling and root planning are performed by 94 percent of individuals in the United States, while just 45 percent of people in India do so. In the United States, 93 percent of individuals see the dentist every six months for a routine checkup, but in India, just 1% of people attend every six months. The findings revealed that in every investigated variable, America, a developed country, outperformed India, a developing one.

Discussion

The purpose of this study was to collect data on oral health hygiene among a sample of Americans. (9,11) America is a developed country with a positive attitude toward oral health information, but India is a developing country with a negative awareness and attitude toward oral health? In terms of knowledge, the majority of Indian subjects have no idea what floss or fluoride means. (4) They only clean their teeth in the morning and do not brush their teeth at night. They don't understand the basics of oral hygiene. They lack knowledge since the majority of individuals are afraid of going to the dentist. India is a poor country with little in the way of oral health education. An educational program that promotes oral hygiene is urgently needed. Giving them information, motivation, and teaching them the measures to the subjects is the only way to increase their knowledge and awareness about mouth hygiene.

Parents, teachers, and children should all be encouraged to practice good oral hygiene. Various types of oral health education programs should be implemented in schools and communities. (3) On the other hand, Canada is a developed nation where people are more conscious of

flossing, frequency, and fluoride tooth paste. They have excellent oral health knowledge and a positive attitude. They have a great deal of information, which explains why they have a more optimistic outlook. This research reveals a significant disparity in oral health awareness. From time to time, Canada undertook educational oral health programs to raise public awareness. (1) They see the dentist on a regular basis because they are aware of the importance of information in preventing the progression of various tooth disorders. People in Canada understand the necessity of visiting the dentist on a regular basis. They go to the dentist on a regular basis and concentrate on expert cleanings, which discover issues before they worsen.

Conclusion

The study's findings were then presented.

1. The findings of this study show that oral hygiene knowledge among Indians is lacking as a result of a lack of educational oral hygiene awareness programs.
2. On the other hand, Canadians are better conscious of oral hygiene owing to regular visits to dentists and educational oral hygiene awareness programs. There is a pressing need for comprehensive excellent oral hygiene that raises knowledge of proper oral hygiene techniques.

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