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Research Article

CONSUMPTION OF SWEETS IN CHILDREN BELOW 6 YEARS OF AGE RELATED TO DENTAL CARIES IN SEMI-URBAN AREAS

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ABSTRACT

Aim: To investigate the rate of consumption of sweets in children below 6 years of age related to dental caries in semi-urban areas.

Method: This study was carried out in a panchayat school in Karayanchavadi. 100 students screened for caries. The questionnaire included 18 questions that data from the questionnaire were extracted and analysed.

Result: This study observed a market proportion of children consuming sweets having a significant prevalence of dental caries. In oral health awareness program the choice of sweet consumption and caries needs to be initiated further.

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INTRODUCTION

The role of sugar as a risk factor in the initiation and progression of Dental caries is overwhelming.[1] Whether this initial Demineralization proceeds to clinically detectable caries or whether the lesion is remineralized by plaque minerals depends on a number of factors of which the amount and frequency of further sugars consumption are of utmost importance. Dental caries is significant yet a preventable public health problem. [3] It is the most common chronic disease of childhood that interferes with normal nutrition intake, speech, self-esteem and daily routine activities, because the caries pain adversely affects the normal food intake. This results in underweight children with abnormal cognitive development.[2] A decade ago, World Health Organisation (WHO) published a review of global oral health status, which emphasized that despite great improvements in oral health in several countries, problems still persist. This is common among underprivileged populations in both developing and developed countries. A common perception is that dental caries rates are decreasing in developed countries but the trend in developing countries is not clear. Caries prevalence varies greatly between and within countries, as well as within different strata of the population. Statistically speaking, dental caries does not rank among the more serious diseases in Africa. On an individual level, however, dental caries causes great suffering, pains and burden. It is crucial to control the disease process by assessing rendering the treatment required along with spreading awareness regarding prevention. Several

prevalence studies have been conducted and reported on different occasions on the dental caries and treatment needs in developing countries such as India. The purpose of this study was to find the prevalence of dental caries in the rural areas of Thiruvallur district.

MATERIALS AND METHODS

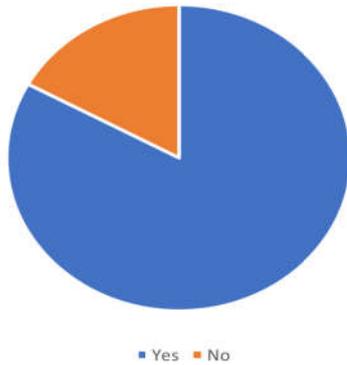
100 students aged from 1-6 were randomly selected from the semi-rural area of Karayanchavadi near Poonamalle. The survey was carried out by a school children out of panchayat school. The Students screened for caries. The questionnaire included 18! questions that data from the questionnaire were extracted and analysed.

RESULTS AND DISCUSSION

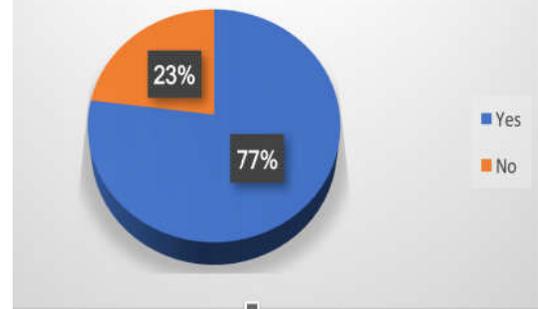
The result shows that 98% of the children consume sweets below 6 years out of which 56% consume sweets everyday, 82% consume once in 2 days. 77% of children are affected by dental caries (DMFT 3.39) and 23% of them are not affected. 36% children brush twice a day and 92% brush once a day. 97% do not brush their teeth do not brush their teeth after consume sweets and 3% brush their teeth after consuming sweets. 12% of the total children have had their teeth extracted and 26% suffer from tooth sensitivity.

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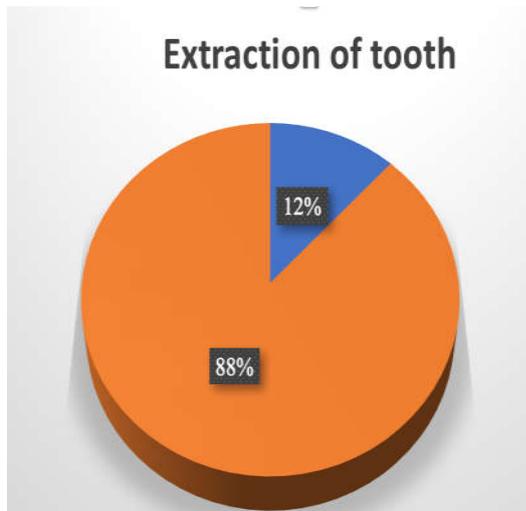
Consumption of sweets



Children affected by dental caries



Extraction of tooth



CONCLUSION

This study observed a marked proportion of children consuming sweets having a significant prevalence of dental caries. Intense oral health programmes regarding the choice of sweet consumption and caries need to be initiated further.

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