

Assessment of the Patient's Education and Motivation in the Maintenance of Oral Hygiene

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Good oral hygiene is *conditio sine qua non* in prevention of dental caries and periodontal diseases. The acceptance of obtained information related to maintain good oral hygiene depends on several factors such as: age, educational level, personal skill, socioeconomic level etc.

Previous studies revealed that almost 50 % of the general population use a toothbrush only to maintain their oral hygiene (Karihovski B et al., 2001). Malendijk B et al 1995, Koivulsit A et al., 2003, showed that people with a lower level of general education very rarely, or not at all, brush their teeth.

A total of 117 randomly selected patients who attend the Clinics at our Faculty was enrolled in our study. All of them agreed to fulfill the questionnaire designed by the investigators.

The majority of our patients were highly educated (high school and university degree; 33.3 % and 43.6% respectively). A high percentage of the investigated patients were already educated in oral hygiene through their dentist and media (63.8%), dentist and non-professionals (54.6%) and dentist and dental nursing staff in 47% of cases. A relatively high percentage (61.5%) of the investigated patients consider that there is no need for additional instructions related to oral hygiene.

More than 50% of our cases only use toothbrush in their oral hygiene. The frequency of brushing the teeth was twice daily in the majority of the investigated patients, while replacements of an old toothbrush with a new one within a period of 3 months was in 79.5% of cases. One quarter of the investigated patients who suffer from some kind of dental problem do not ask immediately for dental intervention.

Our results have shown that the level of maintenance of oral hygiene is rather high. Such results could be related to the high level of general education of the subjects enrolled in the study, and previously obtained education in oral hygiene.

Utjecaj upotrebe duhana na parodontno zdravlje oboljelih od posttraumatskog stresnog poremećaja (PTSP)

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Brojne epidemiološke i kliničke studije utvrdile su pušenje duhana čimbenikom rizika za progresiju parodontne bolesti. Također je pronađena pozitivna korelacija između nižega socioekonomskog statusa i težine parodontne bolesti. Željeli smo istražiti utjecaj pušenja na klinički parodontni status i subgingivni mikrobnii profil u pacijenata s PTSP-om i pacijenata s progresivnom parodontnom bolesti. Istraživanje je uključilo 130 ispitanika podijeljenih u 3 skupine. Prva je skupina bila 50 osoba kojima je postavljena dijagnoza PTSP-a, i aktivno su sudjelovali u Domovinskom ratu. Druga se skupina sastojala od 50 pacijenata s uznapredovalim parodontitisom, a kontrolnu skupinu tvorilo je 30 parodontno zdravih osoba. Osobe iz tih skupina nisu bile izravno izložene ratnom stresu. Klinički pregled parodonta uključivao je mjerenje indeksa plaka (PI), indeksa krvarećeg sulkusa (SBI) dubine sondiranja (PD) i klinički gubitak pričvrstka (CAL). Parodontni patogeni *Actinobacillus actinomycetemcomitans* (Aa), *Porphyromonas gingivalis* (Pg) i *Eikenella corrodens* (Ec) identificirani su s pomoću metode lančane reakcije polimeraze (PCR). Pušački i društvenoekonomski status, mjeren stupnjem naobrazbe također su određeni. Ispitanici s PTSP-om su u usporedbi s drugim dvjema skupinama imali najveći postotak pušača. U skupini s PTSP-om 78% ispitanika bili su pušači, a samo je 33% kontrolnih ispitanika pušilo. U skupini s PTSP-om 34% je pušilo manje od 20 cigareta na dan, a 30% je pušilo više od 40 cigareta na dan. Ovo razlikuje PTSP skupinu od druge dvije. Rezultati pokazuju da su, gledajući sve skupine zajedno, pušači imali više parodontnih upala i destrukcija nego nepušači, premda su samo PI i SBI vrijednosti bile statistički znatne. Odnos jakosti parodontne upale i destrukcije