

Oral health goes to school

Rozan Cecilia, J. Carmo, A. Peixoto & A. G. Manso

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Oral health goes to school

Rozan Cecilia^b, J. Carmo^b, A. Peixoto^b and A. G. Manso^{a,b}

^aCentro de Investigação Interdisciplinar Egas Moniz (CiiEM), Egas Moniz Cooperativa de Ensino Superior, Caparica, Portugal; ^bInstituto Universitário Egas Moniz (IUEM), Egas Moniz Cooperativa de Ensino Superior, Caparica, Portugal

ABSTRACT

Introduction: Preventive dental care is an essential component of comprehensive health care and early epidemiological diagnosis plays a crucial role in the secondary prevention of oral disease [1,2]. The aim is to characterise oral hygiene habits, to measure dental plaque and gingivitis.

Materials and methods: On behalf the "VI edition of the health fair of Alhos Vedros", promoted by UCSP (Personalize Self-Care Unit) of Alhos Vedros – Portugal in 2018, with the theme "Health goes to school". Resorted to basic and disposable observation material, we observed a population composed with children, adults and elderly people and registered the presence of visible plaque and gingivitis (Figures 1–3). Subjects were answered two questions about oral hygiene habits. The sample was obtained by convenience and treated descriptively by the prevalence of cases.

Results: Twenty-nine people were observed, aged 5–77 years. 79% of individuals brushed their teeth twice or more times daily, with a higher brushing frequency among the younger population. 65.5% of the individuals brushed their teeth with toothpaste, and 34.5% used toothpaste associated with a mouthwash (without plaque developer). 76% of the population observed had visible plaque, and more than half were children aged between 5–14 years. 48.3% of the population had gingivitis, most frequently on the adult population (68.4%), compared to 31.6% in the population aged 5–14 years (Figures 1–3).

Discussion and conclusions: The youngest population has higher prevalence values for brushing and bacterial plaque. The prevalence of gingivitis was higher in the adult population. The use of bacterial plaque developer may benefit the oral hygiene of this population.

CONTACT Rozan Cecilia  ceciliarozan@gmail.com

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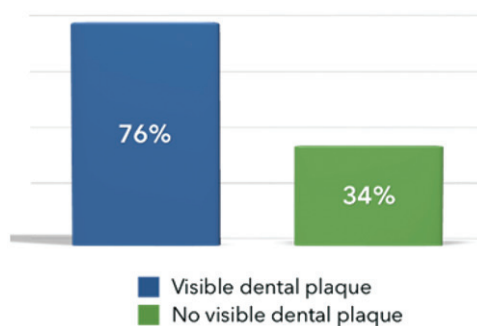


Figure 1. Prevalence of visible dental plaque.

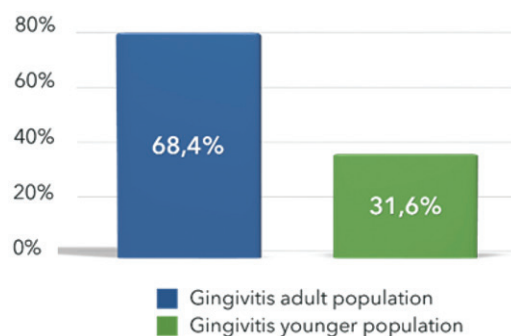


Figure 2. Prevalence of gingivitis among the population.

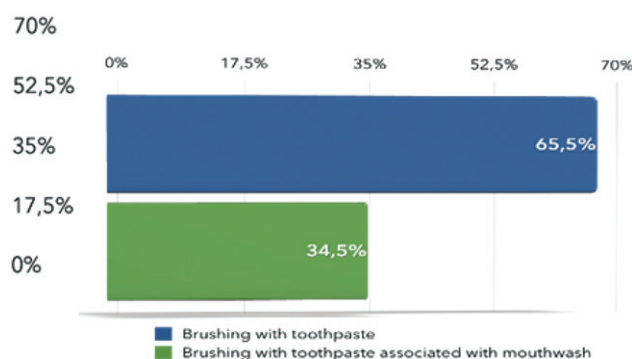


Figure 3. Prevalence of oral hygiene habits among the population.

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Degenerative joint disease: from a conservative to a minimally invasive approach – clinical case

Mariana Alberto^a, Pedro Cebola^a, João Rua^{a,b}, Maria Braz de Oliveira^a, André Maria de Almeida^{a,b} and José João Mendes^{a,b}

^aInstituto Universitário Egas Moniz (IUEM), Egas Moniz Cooperativa de Ensino Superior, Caparica, Portugal; ^bCentro de Investigação Interdisciplinar Egas Moniz (CiiEM), Egas Moniz Cooperativa de Ensino Superior, Monte de Caparica, Caparica, Portugal

ABSTRACT

Introduction: Degenerative joint disease is a subtype of temporomandibular derangements. It can be characterised by possible progressive cartilage degradation, subchondral bone remodelling, and chronic inflammation in the synovial tissue [1]. For the treatment of temporomandibular disorders, minimally invasive techniques, such as viscosupplementation, should normally be applied after more conservative techniques [2].

Materials and methods: Female patient, 22 years old, with probable disc displacement with occasional blocking and bilateral degenerative joint disease. Before starting any treatment, the patient was asked to sign an informed consent.

Diagnosis was made through the symptom questionnaire and clinical exam integrated on the Diagnostic Criteria for Temporomandibular Disorders (DC/TMD) protocol [3] along with imagiological exams. Definitive diagnosis was disc displacement with occasional blocking, bilateral degenerative joint disease, bilateral arthralgia, masseter myalgia and bruxism self-report.

On a first approach we did behavioural and cognitive therapy, viscosupplementation with hyaluronic acid 1.5% of high molecular weight (Syaloset 2000[®]), anterior repositioning splint drawn and printed with CAD-CAM technique (Exocad dentalCAD[®]) and physiotherapy exercises, like manual therapy for muscular relaxation and condylar distraction, as well as, at-home physiotherapy exercises.

For evaluate if there were any improvement on function, comfort and quality of life the OHIP-14 questionnaire [4] was applied