

Poor oral hygiene and show of caries in 12 year old children

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Poor oral hygiene leads to the presence of dental plaque which is a non-mineralized organized content of microorganisms in the organic matrix of carbohydrates located on the teeth surface. The amount of the plaque and the number of bacteria in the saliva are directly related to the threat of caries in every individual. This shell on the surface of the teeth is difficult to remove, is colorless and invisible, but with coloring it can be seen, and it can be removed only by mechanical cleaning. That, which is noted in the modern literature is increasingly considered that is more the result of the disruption of the ecological balance of the oral cavity, than the result of poor diet or lack of oral hygiene.



Aim

Our aim is to determine the index of the oral hygiene and its association with the show of dental caries.

Material and method

The study included 70 subjects (35 male, 35 female), aged 12, randomly selected. The research was realized by the recommendations for action resulting from the basic criteria for the assessment of oral and dental health that are recommended by World Health Organization (WHO). For the assessment of the oral hygiene habits and the presence of soft plaque we used the simplified method of Greene Vermillion which evaluates six surfaces of six teeth that are representative sample of the entire dentition.

Results

The results indicate higher values for distribution of OHI (Oral Hygiene Index)-the index distribution among male (0.51 ± 0.57 , $X \pm SD$), unlike the subjects who were female (0.49 ± 0.76 , $X \pm SD$), with significance ($p < 0, 01$).

Discussion Our obtained results undoubtedly show in addition to numerous authors' claims that in patients with poor oral hygiene caries is more often. In children with poor oral hygiene and consumption of sweets between meals are the two most intensive risk factors for appearance of caries. As a result of poor oral hygiene higher values of plaque index in children are determined.

Keywords: caries, dental plaque, oral hygiene, oral hygiene index, saliva