



**Associated Factors Affecting Dental Health; on Daily Life from Health Perspective**

W. KHAN, A. ALI\* M. A. ANSARI\*\* H. A. MAHESAR\*\*\*, S. ABBAS\*\*\*\*

Department of Sports Sciences and Physical education, Dera Ismail Khan (DIK), Pakistan

Received 6<sup>th</sup> June 2016 and Revised 19<sup>th</sup> January 2017

**Abstract:** Despite of the guideline and well significant role of original denture in human life, it is observed that majority of the people are still reported to be ill dental health. Hence, it is utmost important to address the promotion and development of personal hygiene habit among people to preserve and maintain their health. The main focus of the study was to overview the influences affecting dental health and to provide recommendations for the purpose of betterment in dental health care. The inculcation of the sense that individual is a part of the community, and this is a common responsibility of the school and community to prevent individuals from any kind of ill state of health. Health comparisons are always helpful in the sense of responsibilities among the people being compared, so the researcher is ambitious that this study will be helpful in creating a competitive atmosphere in maintaining and preserving health standard. The findings revealed that there is a dire need to launch also among the general masses with reference to the personal hygiene.

**Keywords:** Factors, Affecting, Dental Health, on Daily Life Health and Perspective

**1. INTRODUCTION**

Original denture is the most valuable part of digestive system as any person who could not chew the food particles properly faces many problems not only in the digestive but in the normal life too. According to Magnenat-Thalman *et al.*, (1988) “Teeth are constructed to provide the hard chewing surfaces so necessary is breaking food into small particles for swallowing and easier digestion”. Teeth have numerous functions as they are essential for decent communication. Similarly, teeth have pivot role in controlling inferior portion of the human face. According to Benoit *et al.* (1996), Komaroff, (2005) and Mount *et al.* 2016) health as well as financial burden are the resultants of ill dental health care. Mistreated and overwhelming infection can be reduced with the help of following and adopting the Basic Dental Health Principles.

In our society, dental care has been traditionally characterized on individual approaches. The people pretend that ill dental health is only due to the individual’s unhealthy approach towards the dental care and therefore, the primary responsibility of protecting dental health diseases falls on an individual himself/herself.

**2. PROBLEM STATEMENT**

Dental problems are very rapidly increasing and demanding that everyone is not paying his/her due role in the maintenance and preservation of dental health. It leads to various problems like tooth decay, tongue thrusting, lip sucking, and early tooth loss particularly among the children.

**Vitality and Importance of Teeth**

Teeth are considered as an important part of mastication and general well-being as well. Teeth allow you to take after a sound eating routine and remain especially bolstered by setting up the support you eat for swallowing and handling.. Normal dental consideration is vital to keep up your teeth.

**Benefits of Dental Health Care**

Dealing with your teeth averts plaque, which is an unmistakable film of microscopic organisms that adheres to your teeth. After you eat, microscopic organisms go insane over the sugar on your teeth, similar to ants at an outing. The microbes separate it into acids that destroy tooth finish, creating openings called cavities (DenBesten, 199). On the off chance that you don't deal with your teeth, pits and undesirable gums will make your mouth, exceptionally sore. Eating dinners will be troublesome. Furthermore, you won't have a craving for grinning to such an extent (Jones *et al.*, 1997 & Gussy *et al.*, 2006).Teeth additionally helps individual talk and add to attractive physical appearance (Clarke, 2013) whereas, Mascarenhas (2000) expressed that lost teeth, swarming or the traverse of the jaw bones may achieve the teeth to organize in the wrong way. These issues and tooth adversity prompt to changes in the facial appearance and profile.

**Nutrition and Dental Health**

Without proper support, teeth can abdicate to gum contamination, which can incite tooth disaster. Appropriate nutrition implies eating a very much

\*Department of Physical education & sports Sciences, The Islamia University of Bahawalpur  
\*\*Centre for Physical Health & Sports Science University of Sindh, Jamshoro  
\*\*\* University of Sindh, Jamshoro  
\*\*\*\*LUMHS, Jamshoro, Pakistan

adjusted eating routine so that your body can get the supplements required for good wellbeing and health. According to Judah (2014) a horrible eating routine can prompt gum infection and tooth rot whereas, nourishment high in starches, sugars and starches enormously add to the generation of plaque acids that assault the tooth lacquer (Ridgeway, 2000; Weeks and Fiske, 1994). Inevitably these acids can bring about tooth veneer to separate, framing a depression. Likewise, nourishments that contain sugars of any sort can add to tooth rot (Negal, 2012). The author further stated that all nourishments, including milk and vegetables, contain some sort of sugar; notwithstanding; these sustenance are a fundamental part of a sound eating routine, in light of the fact that a large number of them likewise contain vital supplements. At the end, the researcher recommended that to control the measure of sugar you devour, read nourishment names and pick sustenance and drinks that are low in included sugars.

### Dental Fluorosis

Dental fluorosis is an adjustment in the presence of the tooth's lacquer. These progressions can shift from scarcely perceptible white spots in gentle structures to recoloring and setting in the more serious structures. The basic foundations for dental fluorosis are toothpaste, drinking water in fluoridated groups, beverages and nourishment handled with fluoridated water, dietary remedy supplements that incorporate fluoride and other expert dental items e.g., mouth washes, gels, and froths.

### Tooth Brushing Technique

Daily tooth brushing is very much essential and considered safeguard for dental health (Swlwitz *et al.*, 2007. Coleman, 2002) and proper technique of tooth brushing helps individual protecting from oral infections (Farsi *et al.*, 2004). It is researched that defective tooth brushing methods including unnecessary weight may significantly increment gingival retreat i.e., the gum line subsides prompting presentation of the underlying foundations of the teeth, and loss of tooth substance by mechanical scraped spot, and should thusly be adjusted (Allen *et al.*, 2002; Darby, Walsh, 2014, Sona *et al.*, 2009). Holding the toothbrush in a pen get a grip on using just the thumb and pointer, rather than resting the toothbrush in the palm of the hand and getting a handle on with four fingers, realizes less weight being associated when tooth brushing and is recommended.

## 3. DISCUSSIONS

Keeping in view the brief discussion in light of the views of various experts, it can be concluded that proper and healthy teeth play a well significant role in improving both their oral and general wellbeing as grown-ups. Research studies Fisher *et al.* (2007) and

Paheal *et al.* (2007) admitted that if a child has dental rot at a youthful age that they are probably going to have dental rot in childhood. Another study conducted by Gussy *et al.* (2006) demonstrated that begin proper Dental Health Care from a childhood age.

As for as effects of diet with reference to dental care is concerned, research conducted by Tanzer and Livingston (2001) has shown that one of the big problems with tooth decay is the use of modern diet. Since a hefty portion of the nourishments people eat are rich in sugars, there is by the drove for sugar-cherishing microbes to eat particularly when somebody don't brush frequently (Sheiham, 2001). The ascent in dietary sugars prompted to an adjustment in the microbes that live in our mouths, and additionally an ascent in occurrences of eating regimen related ailments like malignancy, diabetes, and coronary illness (Anderson, 1990). Acidic nourishments like soda pops are additionally much more pervasive in the present day eating routine, and add to tooth rot (Moynihan, 2001).

The study revealed that dental fluorosis just happens when more youthful kids expend an excessive amount of fluoride, from any source. In this connection, Petersen *et al.*, (2015) stated that dental fluorosis has significant effects upon human's teeth demonstrated that kids living in non-fluoridated localities had a higher rate of rotted, absent or filled teeth than children in fluoridated groups. These discoveries are affirmed by an investigation of Mascarenhas, (2000) who found that the tooth rot rate among youngsters in the fluoridated areas was lower than the rate among children in the two non-fluoridated parts of different regions. The researcher additionally substantiated that this advantage happened despite the fact that most by far of youngsters in each of these groups were utilizing fluoridated toothpaste. In an examination laid down by Browne *et al.*, (2005) presumed that living in a group without fluoridated water was one of the main three hazard variables related with high rates of rot and other dental issues.

Research has shown the tooth brushing is vital for human oral health (Loe, 2000) and a right brushing activity work to evacuate plaque, a sticky, unsafe film of microbes that develops on your teeth that causes depressions, gum ailment and inevitable tooth misfortune if not controlled (Gholami *et al.*, 2012; Lindhe *et al.*, 2003). The significance of brushing teeth appropriately is frequently neglected, however it's an essential piece of keeping your teeth and gums solid. Similarly, watch over teeth appropriately are more averse to need dental work not far off, for example, having a hole filled or having medications for periodontal ailment whereas, brushing teeth can

likewise lessen your odds of creating contaminations. The microscopic organisms in mouth that cause filled with puss teeth can likewise bring about diseases of the heart, lungs, or even the mind (Freestone, 2001; Kirsch *et al*, 1998, Petersen *et al*, 2005).

#### 4. CONCLUSIONS

Keeping in view the brief discussion of the reputed scholars, it has been concluded that all the reputed experts agreed upon the vitality and significance of original denture and considered it's important in human's life. The research has shown that those who do not take care of their dental health may prone to various dental problems which not only harmful for him/her but also threatened to the community in which they live. The research has also affirmed that that horrible eating routine, fluorosis diseases and defective techniques of tooth brushing are the associated factors that can prompt gum infection and tooth rot. Consequently, the researcher recommended that proper attention on part of parents, caretaker, state, government institution may be given and proper health facilities may be ensured to preserve and maintain health in general and dental health in particular.

#### RECOMMENDATIONS

In light of the conclusion of the study, the following recommendations were laid down for the purpose of improvement with reference to dental health care.

1. The parents should make it compulsory to take proper care of the dental health care of their wards. For this purpose arrangement of hygienic nutrition and other health facilities may be ensured.
2. The study showed that fluoride water is the main cause for dental illness. Hence, provision of pure portable water may be provide in the institutions to prevent the children from various dental diseases.
3. The government should arrange proper awareness not only to the students but also among the general masses with reference to the personal hygiene. This job can be done with the help of public seminars and media coverage.

#### REFERENCES:

Allen, E. P., S. C. Bayne, A. H. Brodine (2002). Annual review of selected dental literature: Report of the Committee on Scientific Investigation of the American Academy of Restorative Dentistry. *The Journal of prosthetic dentistry*, 88 (1), 60-88.

Anderson, J. W., D. A. Deakins, T. L Floore. (1990). Dietary fiber and coronary heart disease. *Critical Reviews in Food Science & Nutrition*, 29(2), 95-147.

Benoit, C., T. Guiard-Marigny, B. Goff, (1996). Which components of the face do humans and machines best speech read?. In *Speech reading by humans and machines* 315-328. Springer Berlin Heidelberg.

Browne, D., H. Whelton, D. O'Mullane, (2005). Fluoride Metabolism and Fluorosis. *Journal of Dentistry*, 33(3), 177-186.

Clarke, A. (2013). Stigma, self-esteem and reproduction: talking with men about life with Hypohidrotic Ectodermal Dysplasia. *Sociology*, 47(5), 887-905.

Coleman, P. (2002). Improving oral health care for the frail elderly: a review of widespread problems and best practices. *Geriatric Nursing*, 23(4), 189-198.

DenBesten, P. K. (1999). Biological mechanisms of dental fluorosis relevant to the use of fluoride supplements. *Community Dentistry and Oral Epidemiology*, 27(1), 41-47.

Farsi, J. M. A., M. M. Farghaly, (2004). Oral health knowledge, attitude and behaviour among Saudi school students in Jeddah city. *Journal of dentistry*, 32(1), 47-53.

Freestone, M. H. (2001). Cognitive-behavioural treatment of a 14-year-old teenager with obsessive-compulsive disorder. *Behavioural and Cognitive Psychotherapy*, 29(01), 71-84.

Gholami, M., A. Pakdaman,. (2012). Common perceptions of periodontal health and illness among adults: a qualitative study. *ISRN dentistry*, 2012.

Gussy, M. G., E. G. Waters, O Walsh. (2006). Early childhood caries: current evidence for aetiology and Prevention. *Journal of Paediatrics and Child Health*, 42(1-2), 37-43.

Jones, C. M., G. O. Taylor, J. G Whittle, D. P. Trotter, (1997). Water fluoridation, tooth decay in 5 year olds, and social deprivation measured by the Jarman score: analysis of data from British dental surveys. *BMJ*, 315(7107), 514-517.

Judah, G. G., (2013). Forming a flossing habit: an exploratory study of the psychological determinants of habit formation. *British Journal Of Health Psychology*, 18(2), 338-353.

Kirsch, W. M., Y. H., Zhu, (1998). U.S. Patent No. 5,800,165. Washington, DC: U.S. Patent and Trademark Office.

- Löe, H. (2000). Oral hygiene in the prevention of caries and periodontal Disease. *International Dental Journal*, 50(3), 129-139.
- Magnenat-Thalmann, N., E. Primeau, D. Thalmann, (1988). Abstract muscle action procedures for human face animation. *The Visual Computer*, 3(5), 290-297.
- Mascarenhas, A. K. (2000). Risk factors for dental fluorosis: a review of the recent Literature. *Pediatric Dentistry*, 22(4), 269-277.
- Moynihan, P., P. E. Petersen, (2004). Diet, nutrition and the prevention of Dental Diseases. *Public Health Nutrition*, 7(1a), 201-226.
- Nagel, R. (2012). Cure Tooth Decay: Remineralize Cavities and Repair Your Teeth Naturally with Good Food. Rami Nagel.
- Pahel, B. T., R. G Rozier, G. D. Slade, (2007). Parental perceptions of children's oral health: the Early Childhood Oral Health Impact Scale (ECOHIS). Health and quality of life outcomes, 5(1), 1-4.
- Petersen, P. E. (2003). The World Oral Health Report 2003: continuous improvement of oral health in the 21<sup>st</sup> century—the approach of the WHO Global Oral Health Programme. *Community Dentistry oral epidemiology*, 31(s1), 3-24.
- Ridgeway, E. E. (2000). Periodontal disease: diagnosis and of the American Academy of Nurse Practitioners, 12(3), 79Pp.
- Riley, J. C., M. A., Lennon, R. P. Ellwood, (1999). The effect of water fluoridation and social inequalities on dental caries in 5-year-old children. *International Journal of Epidemiology*, 28(2), 300-305.
- Selwitz, R. H., A. I. Ismail, N. B. Pitts, (2007). Dental caries. *The Lancet*, 369 (9555), 51-59.
- Sheiham, A. (2001). Dietary effects on dental diseases. *Public Health Nutrition*, 4(2b), 569-591.
- Sona, C. S., J. E. Zack, M. E Schallom. M. McSweeney, McMullen, (2009). The impact of a simple, low-cost oral care protocol on ventilator-Associated Pneumonia rates in a surgical intensive care Unit. *Journal of Intensive Care Medicine*, 24(1), 54-62.
- Turner, L. A., G. B. McCombs, W. L Hynes, S. L. Tolle, (2009). A novel approach to controlling bacterial contamination on toothbrushes: chlorhexidine coating. *International journal of dental hygiene*, 7(4), 241-245.
- Watts, A., M. Addy, (2001). Tooth discolouration and staining: Tooth discolouration and staining: a review of the literature. *British dental journal*, 190(6), 309-316.
- Weeks, J. C., J. Fiske, (1994). Oral care of people with disability: a qualitative exploration of the views of nursing staff. *Gerodontology*, 11(1), 13-17.