

The Influence of Bad Habits on Dental Health

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Introduction

Dental health depends primarily on the individual's lifestyle. Sometimes people are not even aware of the negative impact of their seemingly harmless actions and habits on their oral health.

Aim

The objective of the research is to determine the kinds of bad habits which can damage the dental health and to suggest the ways of dealing with them.

Materials and methods

In the frames of the given research work we have made an overview of dental literature (including online magazines "WebMD", "NCBI", "Cleveland Clinic", "Mouth Healthy" and others) and conducted a survey of 100 students to reveal the most common bad dental habits as well as the frequency of their occurrence using a specially developed questionnaire which included questions about smoking, drinking alcohol, food habits, sucking habits etc.

Results

75% of the respondents were between the ages of 15 to 30 years (the first group), and 25% were people between 31 and 50 years (the second group). The research identified a number of causes of major dental complaints associated with the bad habits characteristic of the majority of students. Among the interviewed people only 8% did not have problems with their teeth. Only one interviewed person had neither bad habits nor any problems with his teeth. In older people the number of dental problems had a tendency to increase. 41% of the respondents had sucking habits (sucking and biting the lips, cheeks, tongue or fingers) and 36% of people had a habit of chewing on pencils or biting objects when they were concentrating. These two bad habits turned out to be the most common in both age groups. The questionnaire also had a number of questions related to oral hygiene. It was found that only 9% of the surveyed people followed comprehensive oral hygiene. The survey showed that smokers and drinkers had more dental complaints than people without bad habits.

Conclusion

The survey proved that dental health depends primarily on an individual's lifestyle. To have healthy teeth it is mandatory to give up bad habits. Children should be taught not to neglect oral hygiene and to take proper care of the teeth since childhood as oral health also affects the health of other body systems.