



Influence of Dietary Pattern and Personal Habits on Dental and Gingival Diseases-A Survey Study

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Abstract: Oral health is related to diet in many ways; for an example, nutritional influence on craniofacial development, oral cancer and oral infectious diseases. Dental diseases impact considerably on self-esteem and quality of life and treatments are expensive. The most common diseases of the mouth which the dental health practitioners come across are dental caries and periodontal diseases. Unique characteristics of these diseases are; they have universal prevalence, they do not undergo remission or termination if left untreated but accumulate a backlog of unmet needs. Dental diseases include dental caries, developmental defects of enamel, dental erosion and periodontal disease. The main cause of tooth loss is dental caries in which diet plays an important role. Diet also plays a significant etiological role in dental erosion, the prevalence of which seems to be increasing, and dietary components may contribute to development of enamel defects (e.g. enamel hypoplasia, fluorosis). However, in modern societies, diet and nutrition play a relatively minor role in the etiology of periodontal disease (gum disease), another cause of tooth loss in adults. The present study is mainly focus to find out the influence of dietary pattern and personal habits on dental and periodontal diseases. Data were collected randomly from 250 patients of both sex and all age groups by questionnaire with individual discussion and analyzed by percentages. Among those, the age group between 21-30 were recorded the highly affected age group of dental and gingival diseases. Less than 40% of patients had affects the dietary habits on occurring dental and periodontal diseases. Also it is revealed that the community hasn't an explicit awareness on oral hygiene. Conclusion was drawn that dietary pattern and personal habits are causative factors on occurring dental and periodontal diseases.

Keywords: *Dietary Pattern, Personal Habits, Dental and Gingival Diseases*

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Introduction

Dental health refers to all aspects of the health and functioning of our mouth especially the teeth and gums. Apart from working properly to enable us to eat, speak, laugh (look nice), teeth and gums should be free from infection, which can cause dental caries, inflammation of gums, tooth loss and bad breath. Dental caries, also known as tooth decay or cavities, is the most common disorder affecting the teeth.

The main factors controlling the risk of dental caries are oral hygiene, exposure to fluoride and a moderate frequency of consumption of cariogenic foods. Teeth are also affected by "tooth wear" or erosion. This condition is a normal part of aging where

tooth enamel is lost due to exposure from acids other than those produced by plaque. Attrition and abrasion are other forms of tooth wear. Attrition occurs when teeth are eroded by tooth-to-tooth contact such as teeth grinding. Abrasion is caused by external mechanical factors such as incorrect tooth brushing. Periodontal disease, also known as gum disease, is caused by infection and inflammation of the gingiva (gum), the periodontal connective tissues and the alveolar bone. Periodontal disease can lead to tooth loss.

The most common diseases of the mouth which the dental health practitioners come across are; dental caries and periodontal