

Chair and Department of Conservative Dentistry  
Department of Dental and Maxillofacial Radiology  
Medical University of Lublin

ANNA ŚCIBAK, IWONA GRAJEWSKA, TERESA BACHANEK,  
TERESA KATARZYNA RÓŻYŁO

*Evaluation of stomatological health awareness in individuals  
between 18 and 50 years of age, the inhabitants of Lublin  
voivodship based on the questionnaire research*

Health promotion is undertaken where the pro-health education is a necessary issue. It affects human awareness with regard to the change in life style. Not only it establishes proper hygienic and dietary habits but also creates a hospitable condition for improvement of health protection (1).

The crucial role for the proper condition of our mastication is played by pro-health behaviours like: hygiene, dietary habits, prophylaxis procedures, check-ups, whereas the lack of knowledge about caries prevention may result in developing tooth hard tissue diseases (8). Contemporary knowledge, many types of toothpastes and brushes that can be seen in mass media commercials have great influence on increasing the importance of oral dental care hygiene and periodontal diseases prophylaxis (4).

Hygienic procedures were well known to our ancestors. In the late 18-th century the tooth picks were commonly brought here from abroad; people also used to rinse their mouth right after meals using milk (4, 7, 8).

The aim of this study was to estimate health awareness of out-patients between 18–30 and 31–50 years of age examined in the clinic of conservative dentistry of the Medical University of Lublin.

#### MATERIAL AND METHODS

Research based on questionnaires comprised 85 out-patients of the conservative dentistry institute in Lublin from urban and rural areas. The patients were divided into two groups. First group comprised the patients aged 18–30 years and the second one those of 31–50 years of age. For evaluation of pro-health behaviours a specially prepared questionnaire was used. The research covered the problems concerning oral hygiene, dietary habits and check-up frequency. Patients filled in the questionnaires individually. The state of hard teeth tissues was estimated on the basis of DMF number.

#### RESULTS

The results of clinical investigation are shown in tables:

Table 1. The number of environmental groups concerning each sex

Environment	Total	Men	Women
City	60	18	42
Country	25	15	10
Total	85	33	52
	100%	38.8%	61.2%

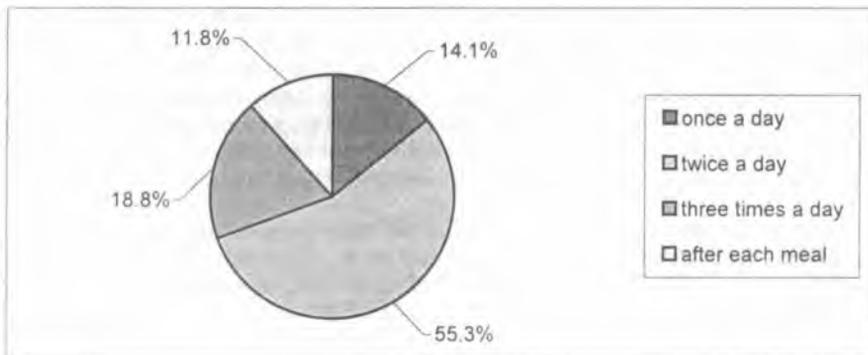
While analyzing the results big discrepancy can be observed between the number of men and women attending to the institute of preventive dentistry looking for help in dentistry health service. A definitely larger group was made up by women (61.25%) comparing to men (38.8%) (Table 1).

Table 2. The frequency of caries in individual age groups

Age	Number of person investigated	DMF					Number of person investigated with DMF≠0	Frequency of caries
		0	1-4	5-10	11-15	>15		
Group I (18-30 years old)	40	0	3	7	16	14	40	100%
Group II (31-50 years old)	45	0	0	0	4	41	45	100%
Total	85	0	3	7	20	55	85	100%

The frequency of caries in individual age groups is shown in Table 2. With regard to both the first group of the examined (18-30 years: 40 persons) and the second age group (31-50 years: 45 persons), the data indicate that the frequency of caries was 100%. In the group of persons aged 18-30 years for most of the persons DMF value was in the range 11-15 and DMF>15, however, for most of the persons in the second age group DMF value was above 15.

The figure below shows the results of answer to the question concerning the frequency of brushing teeth in the tested population:



The figure shows the results of answer to the question connected with the frequency of brushing teeth in the tested population. As the research revealed 55.3% of the questioned patients brush their teeth two times a day: 18.8 % of the questioned patients brush their teeth three times a day, 14.1 % testified that they do it only once a day. Only 11.8% do it after each meal.

Table 3. Additional dental care products for maintaining hygiene of the oral cavity in individual age groups

Dental care products for oral cavity	Total	Group I (age 18–30 years)	Group II (age 31–50 years)
Dental floss	31.8 %	38.0 %	25.6 %
Tooth picks	32.9 %	28.7 %	37.2 %
Gargle fluids	14.1 %	14.3 %	14.0 %
Not using at all	21.2 %	19.0 %	23.2 %
Total number of the examined patients	85	42	43

Data from Table 3 concerning usage of additional appliances for maintaining hygiene of oral cavity show that 38.0% of population from group 1 most commonly use the dental floss and tooth picks 28.7% whereas in group 2 most commonly used are tooth picks (37.2%) and dental flosses (25.6%).

Table 4. Correlation between DMF number and time devoted to brushing teeth in individual age groups

Brushing time	DMF (age 18 – 30 years)							DMF (age 31 – 50 years)						
	0	1–4	5–10	11–15	>15	total	%	0	1–4	5–10	11–15	>15	total	%
1 min.	0	1	3	6	7	17	42.5	0	0	0	3	14	17	37.8
3 min.	0	2	1	5	4	12	30	0	0	0	0	16	16	35.6
More than 3 min.	0	0	0	2	1	3	7.5	0	0	0	0	8	8	17.8
I don't know	0	0	3	3	2	8	20	0	0	0	0	4	4	8.8
Total number of the examined patients	0	3	7	16	14	40	100	0	0	0	3	42	45	100
%	0	7.5	17.5	40	35	100		0	0	0	6.7	93.3	100	

Table 4 presents a correlation between DMF index and time spent for brushing teeth in the tested individuals. The data indicate that the frequency of caries in the group investigated was 100% and for most individuals from the first and second age group DMF value is in the range of 11–15 (over a half of the total number of the questioned). Analysis of the data shows that the influence of time spent for brushing teeth and DMF number, demonstrates that in the first and second age group the majority of the tested individuals brushed teeth only for 1 minute with the DMF number in these individuals falling into groups DMF 11–15 and DMF>15.

Table 5 demonstrates a correlation between DMF number and frequency of sweets consumption. Research shows that more than half of the tested individuals from the first and second age group buy sweets once per day, DMF shows that most individuals of the first and second age group belong to group DMF>15.

## DISCUSSION

The most important in health promotion is to support and promote the lifestyle that helps avoid all risk factors leading to health disorders. The results of our research show that health awareness of oral hygiene in persons between 18 and 50 years of age from the Lublin voivodship is not satisfying.

Table 5. Correlation between DMF number and frequency of consumption of meals containing sugar in individual age groups

Frequency of sweets consumption	DMF (age 18 - 30 years)							DMF (age 31 - 50 years)						
	0	1-4	5-10	11-15	>15	total	%	0	1-4	5-10	11-15	>15	total	%
Once a day	0	2	5	8	11	26	65	0	0	0	4	26	30	66.7
Twice a day	0	0	0	4	1	5	12.5	0	0	0	0	5	5	11.1
Few times a day	0	1	1	1	4	7	17.5	0	0	0	0	6	6	13.3
Rarely	0	0	1	1	0	2	5	0	0	0	0	4	4	8.9
Total number of the examined patients	0	3	7	14	16	40	100	0	0	0	4	41	45	100
%	0	7.5	17.5	35	40	100		0	0	0	8.9	91.1	100	

The analysis of results shows 100% occurrence of caries in the group investigated. *Łuczaj-Cepowicz's* research on 18-year-old residents of the Białostocki region showed 99.33% frequency of caries (9, 12), whereas the research into caries in persons in the age range of 35–45 years of the Białostocki region conducted by *Stokowska* informs about 100% frequency of caries (11). In comparison, evaluating health consciousness among chosen groups of patients from Poland and Great Britain, *Ilwicz* as the answer to the question connected with the frequency of brushing teeth got the following results: only 3% of interviewed the English and 2% of the Polish brush their teeth less than once per day. 56% of the interviewed Polish and 62% of the British clean their teeth twice per day, only 2 of 10 the Polish and 4 of 10 the British use dental floss to clean spaces between teeth (4). The evaluation of health consciousness in the Warsaw region among 18-year-old adolescents conducted by *Boguszewska-Gutenbum*, informs that 68.89% of the tested individuals brush their teeth twice per day, whereas 62.77% admits to ingesting sweets one or more times per day (2). *Sobiech*, evaluating the influence of eating habits on caries occurrence among children, emphasizes that both diet containing high amounts of cariogenic products and neglecting oral hygiene play a significant part in caries development. It is necessary to intensify dental health education and preventive actions to obtain reduction of caries among children, adolescents and adults (10).

Comprehensive knowledge concerning hygiene and prophylaxis of oral cavity may result in changing old or creating new habits of healthier lifestyle. There is a great tendency to put more attention to those programs which promote a pro-health lifestyle in dentistry (3, 5, 6). The results of our research confirm that there is a great need of promoting a pro-health lifestyle in the population of the Lublin voivodship between 18 and 50 years of age.

## CONCLUSIONS

1. The analysis that we carried out in out-patients in Clinic of Conservative Dentistry of Medical University of Lublin, shows that the level of knowledge and pro-health behaviors in dentistry is not satisfying.

2. Over half of the population of the tested individuals consume sweets once per day.

3. People from the group between 31–50 years of age were using toothpicks more frequently than people aged 18 to 30 years.

4. The analysis of results shows 100% occurrence of caries in the group investigated.

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## SUMMARY

85 out-patients (between 18 and 50 years of age) from the Lublin voivodship were examined in the Institute of Conservative Dentistry of the Medical University of Lublin. To evaluate the level of health awareness concerning hygiene and prophylaxis of oral cavity a special questionnaire was used. The analysis that was carried out among people between 18 and 50 years of age from the Lublin voivodship shows that state of health awareness and pro-health behaviours concerning dentistry is not satisfying. So it is very important to devote more attention to constant extension of health awareness among children, teenagers and adults which can help us to eliminate all bad habits in our society.

Ocena stomatologicznej świadomości zdrowotnej u osób w wieku od 18 do 50 roku życia z województwa lubelskiego w świetle badań ankietowych

Badaniem ankietowym objęto 85 osób w wieku od 18 do 50 roku życia, zgłaszających się do Zakładu Stomatologii Zachowawczej Akademii Medycznej w Lublinie. Oceniano za pomocą ankiety poziom świadomości zdrowotnej z zakresu higieny i profilaktyki jamy ustnej. Z przeprowadzonej analizy wynika, że poziom stomatologicznej wiedzy zdrowotnej i zachowań zdrowotnych osób w wieku od 18 do 50 roku życia z województwa lubelskiego jest niezadowolający. Ważne jest ciągle podnoszenie świadomości zdrowotnej dzieci, młodzieży i dorosłych, która pozwoli w przyszłości eliminować niekorzystne nawyki wśród populacji.