



PREVALENCE OF DENTAL CARIES IN CORRELATION WITH ORAL HYGIENE

UNIVERSITY "GOCE DELČEV" ŠTIP
FACULTY OF MEDICAL SCIENCE, DENTAL MEDICINE *



Kovacevska I., Longurova N., Zlatanovska K.

As the most common disease in the human population, caries causes destruction and demineralization of the dental tissues. The etiology of this disease, which affects the hard dental tissues, regardless of age, gender, vital or non-vital teeth, is characterized by multicausal etiology.

Microorganisms in the dental plaque that accrue to the surface of the teeth play a central role in the appearance of dental caries. Appropriate oral hygiene contributes to the elimination of plaque, and is one of the key preventative mechanisms in avoiding the onset of cavities.

The results of the study showed that in the first group, 56% of the examinees brush their teeth twice a day, with 20% even three times a day. As for the second group of examinees, the most common was the washing of teeth of only once a day, i.e. 56%. In the third group, which consisted of respondents aged over 40 years, 63% of them brushed their teeth once a day. When it comes to the techniques used for brushing teeth, 53% of the first group practice a circular method, 50% of the second group a horizontal method, while 60% of the third group horizontally wash their teeth as well. As for the clinical trials, caries dominates in the second study group where 134 carious lesions were determined, as well as 167 restorations, while the highest number of endodontically treated teeth, 90, we determined in the third group.

Caries, as a pathological disease affecting hard tooth tissues differently, is present in various age groups. Younger patients are more educated about the importance of their oral health, for an aesthetically better appearance, for an aesthetically more beautiful smile, so they have better oral hygiene maintenance, unlike patients from older groups. Female patients have more regular and better oral hygiene, greater dental attendance, and greater care for their oral health than men. Regular oral hygiene habits, have an impact on dental health and reduce the presence of dental caries.

The purpose of this study was to evaluate the correlation of caries with oral hygiene in different age groups in Gevgelija.

The research involved 90 patients from both gender, from four clinics in Gevgelija. In relation to their age, the respondents were divided into three groups:

- 1. First group of 30 patients aged 20-30 years*
- 2. Second group of 30 patients aged 30-40 years*
- 3. Tirth group of 30 patients aged over 40 years*

