

T. Bense¹, Z. Lisa¹, E. Schiffner¹, A. Grittern¹, I. Seibicke¹, A. Just¹, C. Mngoma², C. Wegner¹, J. Seeliger³, J. Hey⁴

¹Department of Prosthodontics, Martin-Luther-University Halle-Wittenberg, Halle (Saale), Germany

²Dental Clinic Njombe, Njombe, Tanzania, United Republic of.

³Department of Orthodontics, Technical University Dresden, Dresden, Germany

⁴Department of Prosthodontics, Martin-Luther-University Halle-Wittenberg, Halle (Saale), Germany

Oral health situation of a non-urban region in Tanzania.

Objectives: The dental treatment in the Tanzanian highlands is challenging. Due to the reduced infrastructure, the caries prevalence and subsequently the prosthetic treatment demand of the local population is heavily increased (Fig. 1).

The aim of this study was to investigate the general oral health situation of dental patients in a non-urban region of Tanzania.

Results: The dmft-Index of the treated patients was 4.5 (Fig. 2); the DMFT-Index was 5.8 (Fig. 3). Massive sugar-containing nutrition was detected anamnestically in 44.9% of the study participants. 59.74% of the patients suffered from general dental plaque, and 31.94% showed isolated dental plaque. In 8.32% of the investigated patients no dental plaque was detectable (Fig. 4). In 97.83% of the patients, oral hygiene products were known. 21.63% of the study participants required treatment for an acute malocclusion (Fig. 5).



Fig 1.: The town Njombe is the capital of the Njombe Region. It is located in the south-west of Tanzania. The population is about 40.000 inhabitants.

Material and Methods: 1521 patients were included in this study (937 female, 582 male; age 20.4 ± 10.5 years, range 3 to 82 years). Patients were treated in a dental office in Njombe. dmft-Index (0-6 years) and DMFT-Index, edentulousness situation, nutrition habits and socio-economic factors were collected.

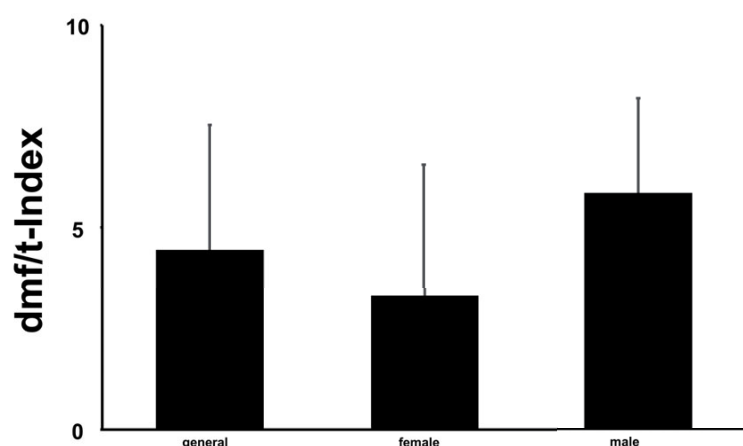


Fig. 2: Dental health of the study participants: number of decayed, missing and filled teeth (dmft-Index).

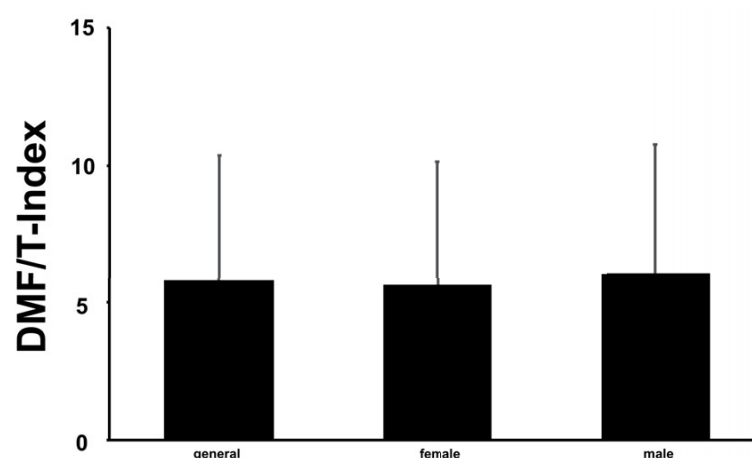


Fig. 3: Dental health of the study participants: number of decayed, missing and filled teeth (DMF/T-Index).

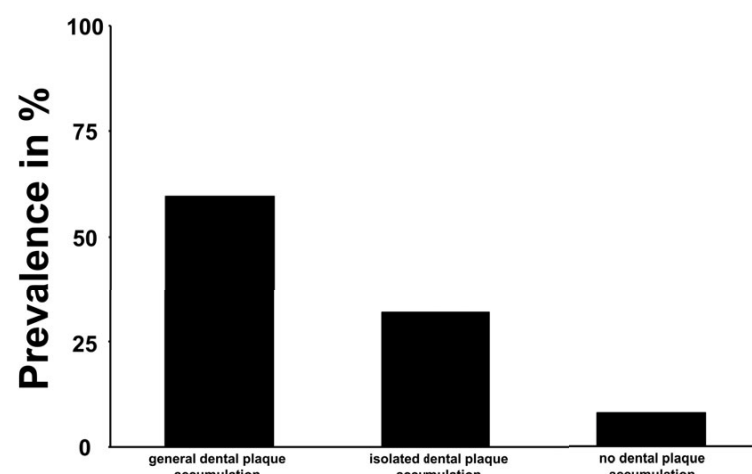


Fig. 4: General oral health situation of the participants. The prevalence of the plaque accumulation is illustrated.

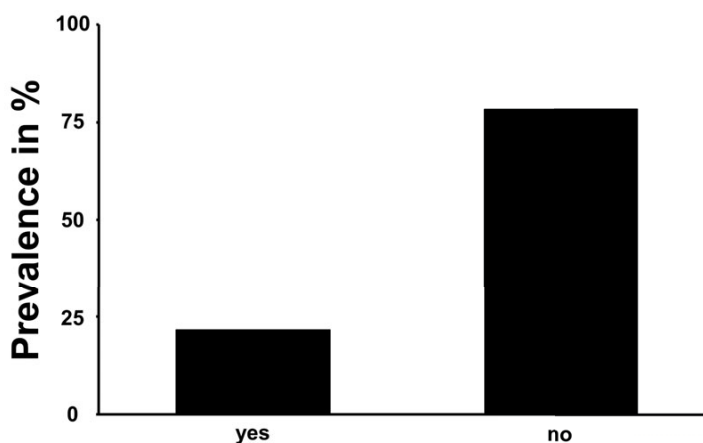


Fig. 5: Prevalence in % of acute malocclusion of the study participants.

Conclusion: The oral health situation of the patients showed a restorative and prosthetic treatment demand. In addition, education on sufficient oral health and the dissemination of oral health products are imperative. The main goal of further studies must be the development of interdisciplinary infection prophylaxis and oral health prophylaxis systems.