

Introduction

Dramatic decline in the prevalence of dental caries and severity of dental caries is attributed to wide availability of fluoride toothpaste and other sources.

A recent systematic review revealed that daily use of fluoride toothpaste may reduce the DMFT 3-year increment by 25%.

WHO continues to emphasise as an important public health measure, the need to strengthen the effective use of fluoride for the prevention of dental caries in the 21st century, and highly recommends the introduction of affordable fluoride toothpastes in developing countries.

The most effective method to prevent caries is the regular use of fluoride toothpaste.

The aim of this study was to evaluate self-care routines in a population by identifying knowledge, attitudes and behavior relating to fluoride toothpaste and tooth brushing habits.

Materials and Methods

Cross-sectional study was conducted where self completed anonymous questionnaire was distributed to final year Medical and Pharmacy students in AIMST University.

The questionnaire consisted of general profile of the participants with respect to gender and ethnicity.

There were questions regarding the tooth brushing habits like frequency of brushing, type of tooth paste used and rinsing after brushing .

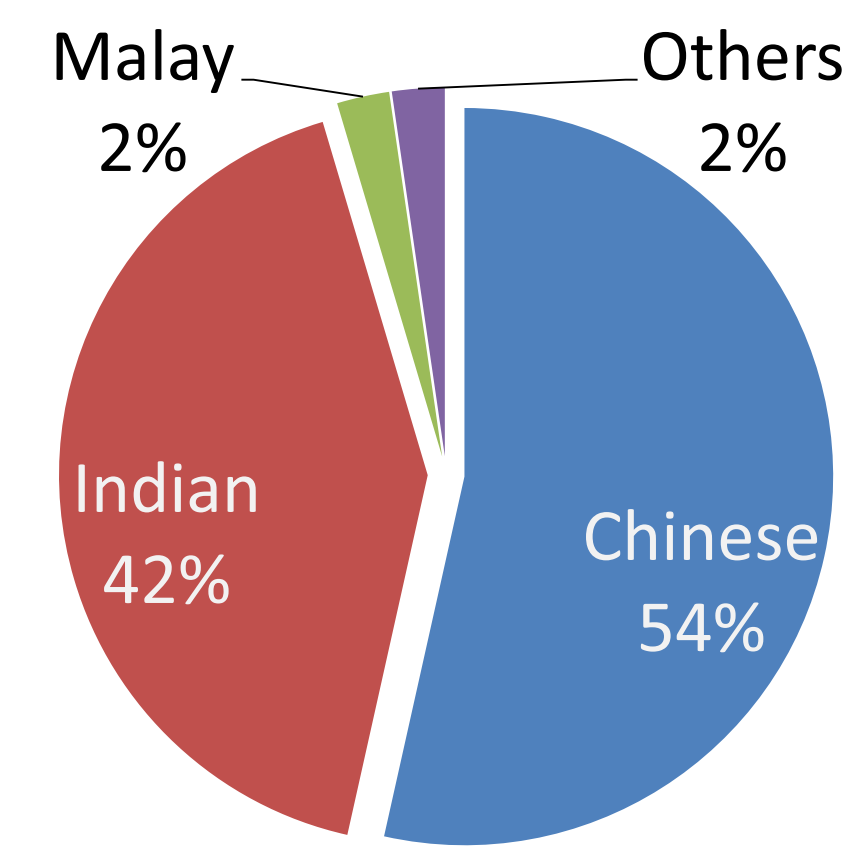
The participants were asked on their knowledge of fluoride toothpaste and factors they consider while buying toothpaste

Results

Profile of the participants

Males: 35 (27.1%)
Females: 94 (72.9%)

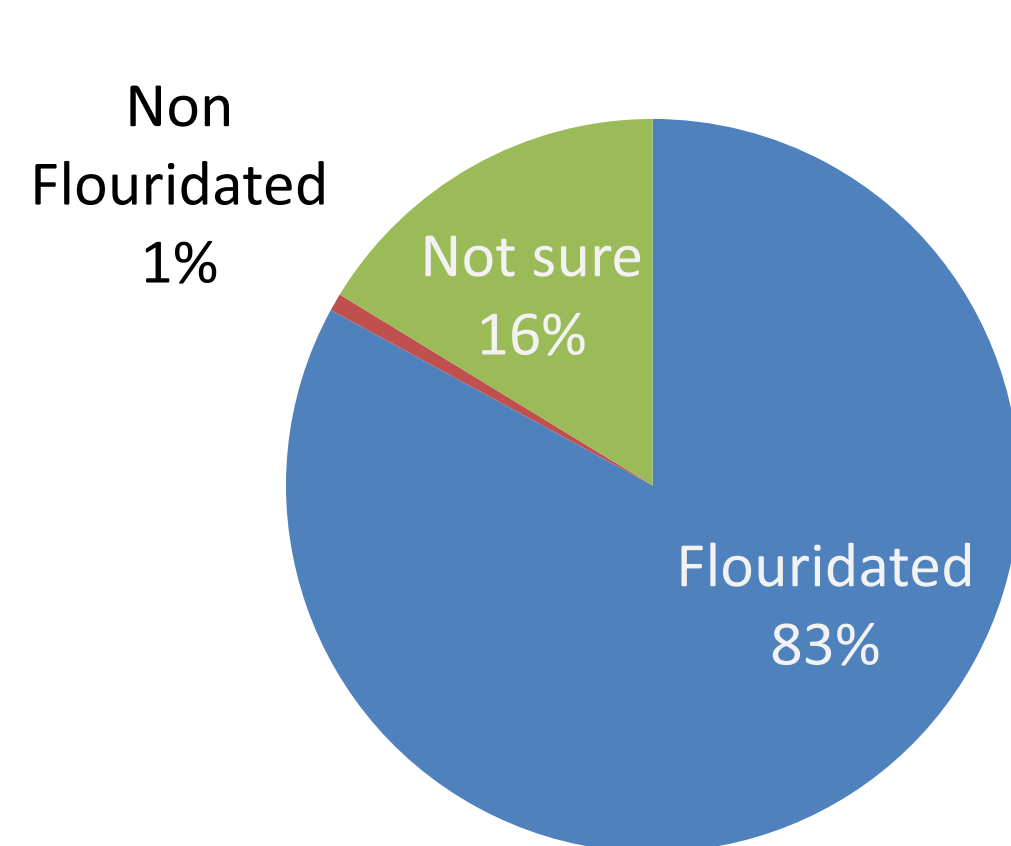
Medicine: 62 (48.1%)
Pharmacy: 67 (51.9%)



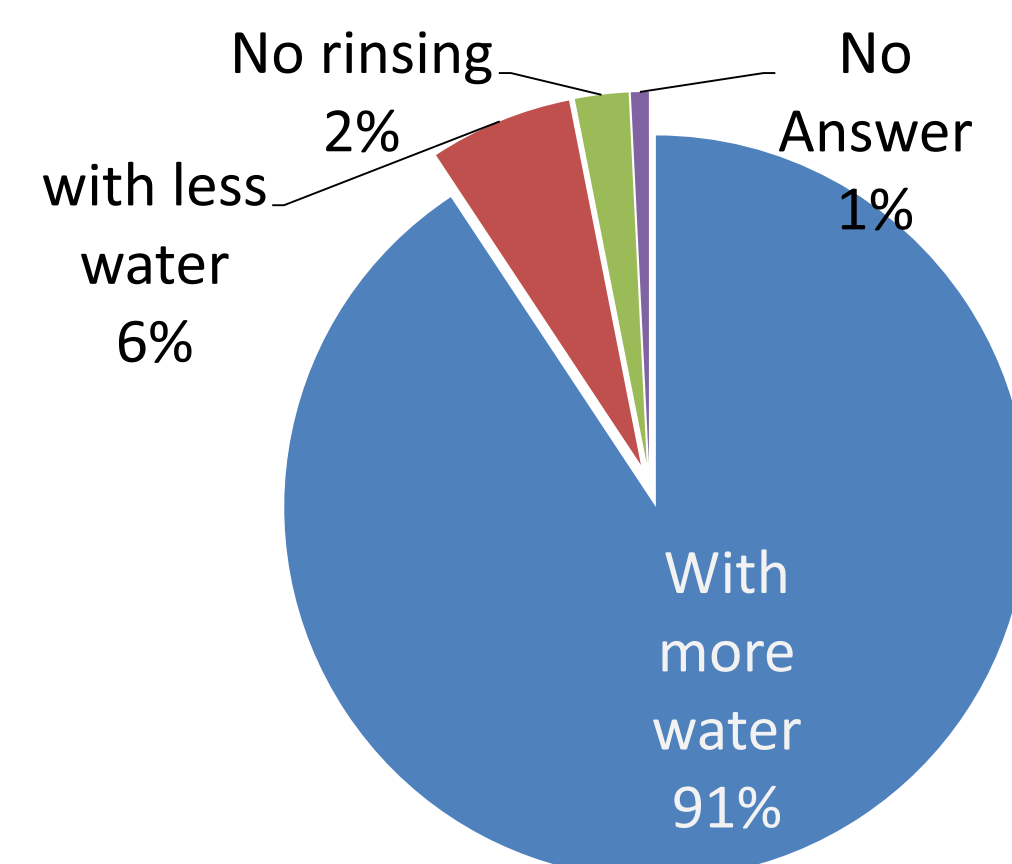
Frequency of tooth brushing

Course	Once Daily	Twice daily	>2 times
Medicine	14	42	6
Pharmacy	5	50	12
Total	19	92	18

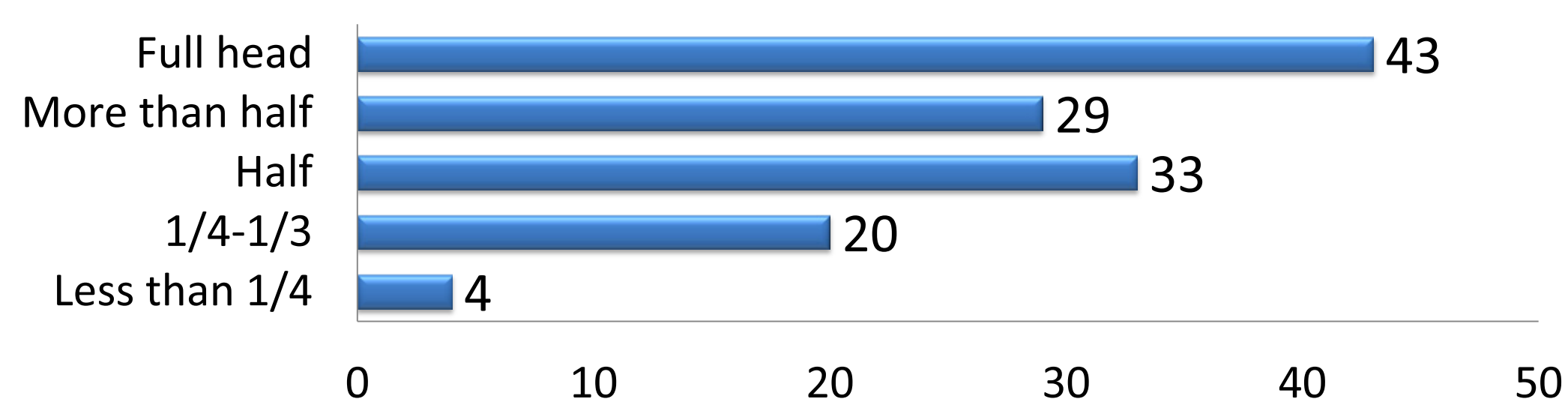
Type of toothpaste used



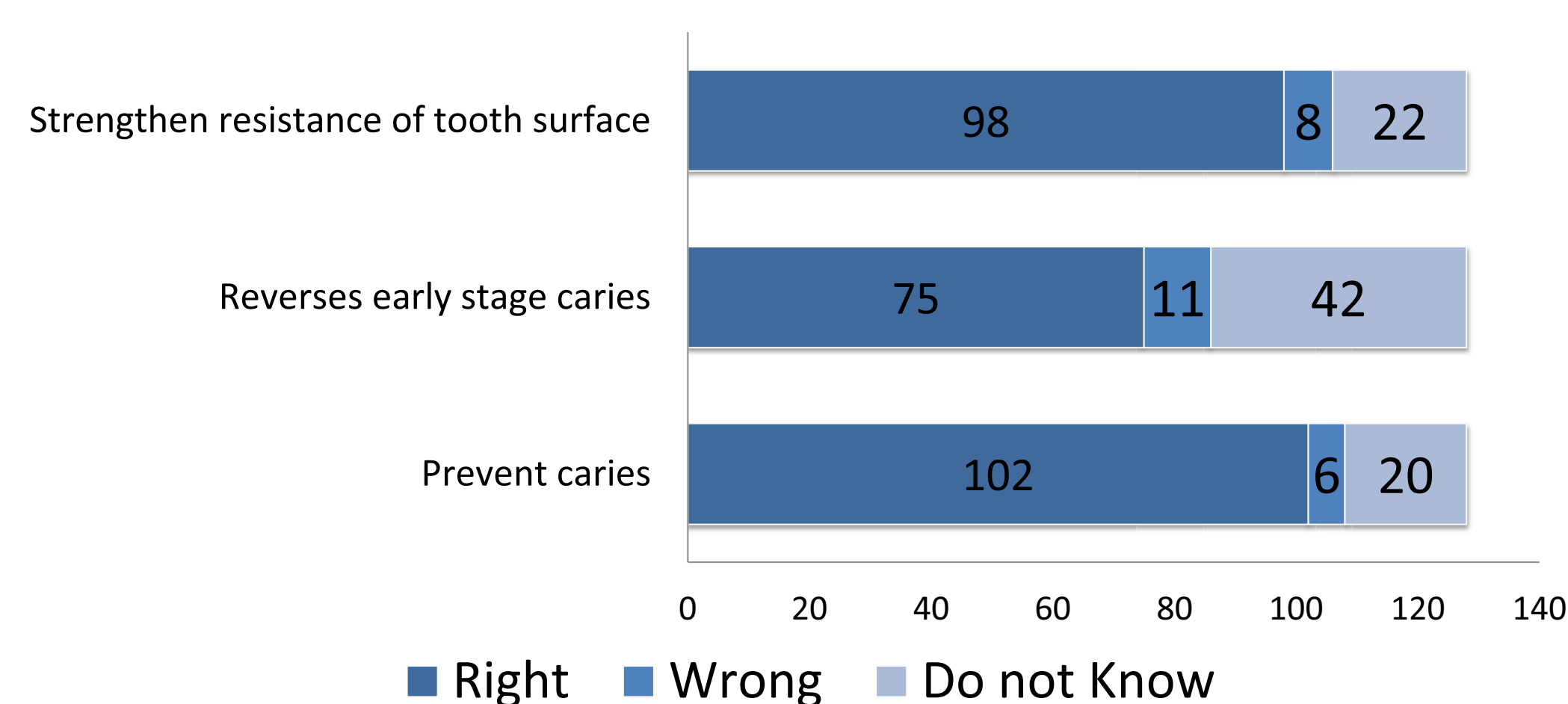
Rinsing after tooth brushing



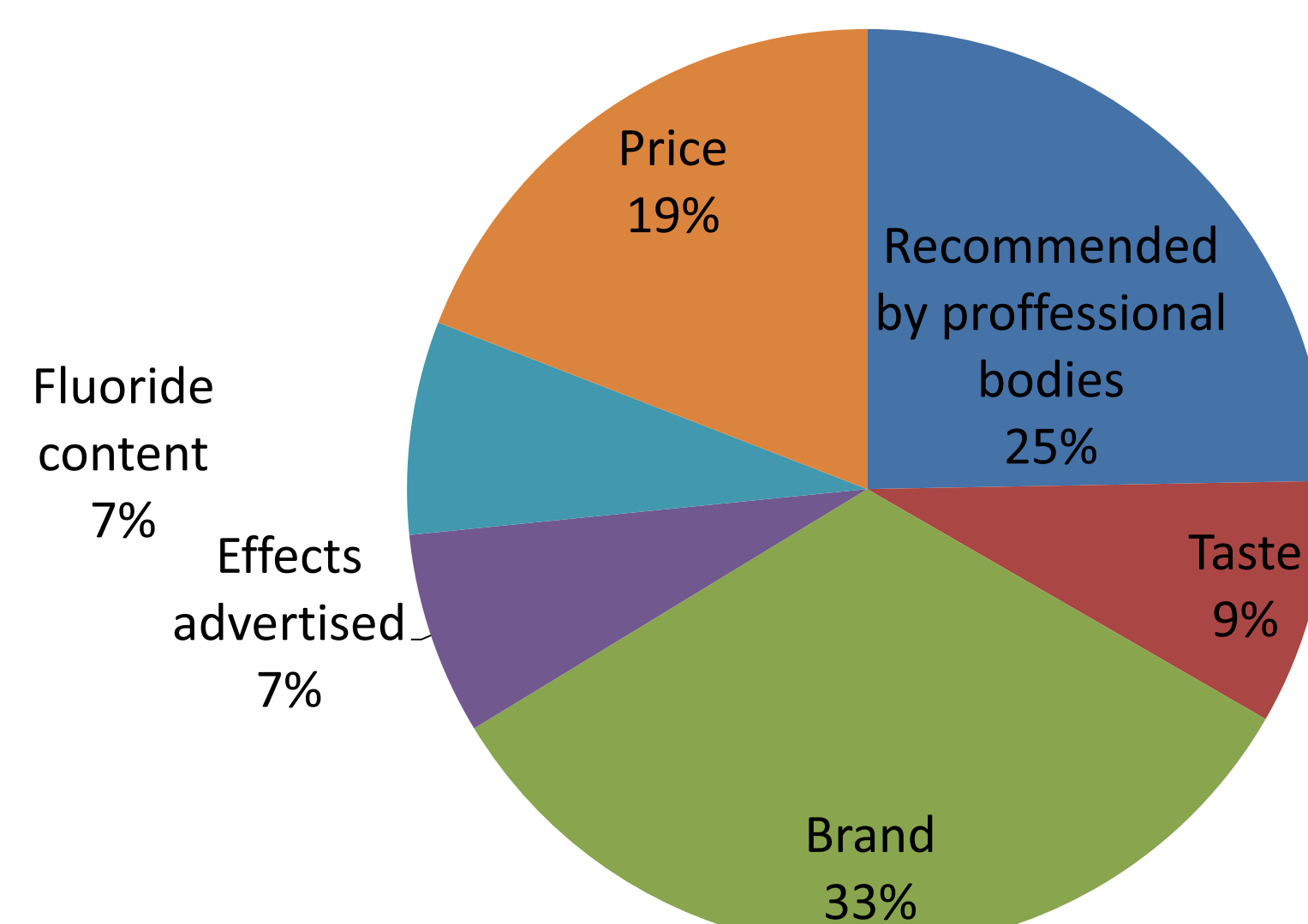
Quantity of toothpaste used



Knowledge on fluoride toothpaste



Different factors considered when buying a toothpaste



A total of 129 students from Medicine and Pharmacy have completed the survey. 71.3% of students brushed their teeth twice a day.

The percentage of medical and pharmacy students who actually used fluoride tooth paste were 91.9% and 74.6% respectively.

33% of students used full head of toothbrush quantity of toothpaste.

79% confirmed the caries preventive action of fluoride. 76% believed that fluoride can strengthen resistance of tooth surface to caries and fluoride is harmful when the concentration is in excess

Conclusion

Compared to medical students pharmacy students usage of fluoride toothpaste was less.

The student population seems to have embraced regular tooth brushing with fluoride toothpaste to a large extent.

However, regarding techniques for using fluoride toothpaste effectively, there was a great potential for improvement, especially among university students.

The use and knowledge levels were similar to Beijing study.

References

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