Tobacco use and dietary pattern among the gingivitis patients attending in a tertiary hospital of Dhaka City

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Introduction: Gingivitis is one of the widespread diseases in oral cavity and may lead to many complications. In Bangladesh gingivitis is a neglected disease due to the lack of information regarding the extent of this disease.

Objective: The aim of this study was to determine the prominent tobacco use and dietary pattern influencing gingivitis among patients of 15 to 45 years.

Method: This was a cross sectional study and purposive sampling method was used. Total 200 samples were taken from 1st March to 31st July 2006, who fulfills inclusion criteria by pretested structured questionnaire in Oral and Maxillofacial Surgery (OMFS) department of Bangbandhu Sheikh Mujib Medical University (BSMMU). Data were collected using pre tested semi structured questionnaire by face to face interview. Information about duration of disease, information of gum diameter and supra-gingival calculus or plaque, depth of periodontal pocket was also gathered. Then data were sent to the researcher, which was sorted, scrutinized by the researcher herself by the selection criteria and then data were analyzed by calculator and personal computer by SPSS version 12.0 program. Data were analyzed by descriptive and inferential statistics. Prior to the commencement of this study, the research protocol was approved by the research committee (Local Ethical committee).

Results: The mean age of respondents was 27±5 years. Dietary factors responsible for gingivitis were sweets (68%), chocolate (0.5%) and fast food (25%). Regarding behavioral factors; smoking (78%), smoking & tobacco with beetle nuts (35%) and beetle nuts (19%) influenced gingivitis. In case of suffering of gingivitis most of the respondents (89%) were suffering from gingivitis from last one year and gum bleeding was seen among 98% of respondents.

Conclusion: The status of tobacco use (smoking and smokeless) and dietary habits in the occurrence of the gingivitis. On the basis of finding an intervention program (particularly educational interventional program) targeted to the tobacco use and dietary habits.

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