

## Dental hygiene manner, smoking and recognized dental health setbacks among individuals

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### Abstract

Statement of the problem: Dental hygiene manner, smoking, and recognized dental health setbacks among individuals.

Background: Dental manners play a major role in terms of preventing oral diseases. To go further, only few people are aware of the relationship of smoking with the potential of oral diseases. More specifically, it appears that smoking interferes with the normal function of gum tissue cells. This interference makes smokers more susceptible to infections, such as periodontal disease, and also seems to impair blood flow to the gums - which may affect wound healing. However, this issue has not been previously tackled with importance.

Aims: Putting that into consideration, this study aims to analyze the behavior towards oral hygiene, habitual smoking and foreseen dental health problems among residents of UAE.

Material & Methods: An observation and interview with regards to dental hygiene practices, smoking and a perceived oral health problem was performed. Smoking results more serious problem regarding health that the patients are not fully aware. The method was descriptive study, predominantly focused to regular dental patients (smokers and non-smokers) visiting the clinic in the regular basis. The subject was asked how they usually clean their teeth and what the other methods they use, for example are if they frequently use mouthwash and routinely floss their teeth and how often they perform the said behavior. They were also asked about the potential problems they might encounter in the long run.

Results & Conclusion: It is found out that the dental hygiene methods demonstrated by the patients (UAE residents) were alike. It is necessary to increase the awareness of dental professionals about negative effects of smoking on oral and general health. Furthermore, they should be more aware of their central role of healthcare workers as promoters of healthy lifestyle among patients. Most of the participants brushed and cleaned their teeth, however, only once per day. An attitude towards smoking was manifested clearly by the majority. Those who smoke regularly foreseen problems in oral health compared to those who do not. Healthcare provider (dentist) should encourage giving more proper care on their patient regarding about the risk of smoking on their health, with the proper knowledge about smoking, and manner of thinking from simple step will lead to a better improvement of their health.

### Biography:

Mahitab Hassan Elgash, passionate and driven general practitioner Dentist in Alrehab Medical Center, UAE. He studied in National Ribat University, Sudan. He has a heart and goal to keep bright smile on every patient. Communicate kindheartedly to ease all the pressure and trauma on every patient.

### Speaker Publications:

1. Sham AS, Cheung LK, Jin LJ, Corbet EF. (The effects of tobacco use on oral health) Hong Kong Med J. Publish: 2003; 9(4): Pages: 271-7.
2. Jacquelyn Cafasso (Everything You Need to Know about Dental and Oral Health) 107th Annual Meeting of the American Academy of Periodontology (AAP) Abstracts (2018) 1-243 (anidcr.nih.gov/health-info/gum-disease/more-info Publish: 2018 page: 2-1.

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