

Exploring the Prevalence and Risk Factors Of Periodontal Disease in Urban Vs. Rural Adult Populations

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Abstract

Periodontal disease (PD) is a major public health concern worldwide, affecting individuals across diverse populations. This study aims to compare the prevalence of periodontal disease and its associated risk factors in urban and rural adult populations. Using a cross-sectional design, we assessed 500 adults, 250 from urban areas and 250 from rural areas, to evaluate their periodontal health using clinical indices such as the Community Periodontal Index (CPI) and probing depth measurements. Risk factors including age, gender, oral hygiene practices, diet, tobacco use, and access to dental care were also analyzed. Our findings suggest a higher prevalence of periodontal disease in the rural population, with tobacco use, poor oral hygiene, and limited access to dental care identified as major contributing factors. This study highlights the need for targeted preventive and therapeutic interventions tailored to the unique needs of urban and rural communities.

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untreated. It has been recognized as one of the most prevalent chronic diseases globally, with a higher incidence in adults, particularly those in low-income and rural settings. Despite advancements in oral healthcare, periodontal disease remains a significant health problem due to various factors, including lifestyle, socioeconomic status, and access to healthcare [1]. Urban and rural populations often differ in terms of lifestyle behaviors, dietary habits, and healthcare access, all of which can influence the prevalence of periodontal disease. Urban areas typically have better access to dental care services, higher health literacy, and more resources for preventive care. In contrast, rural

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• D ... H ... (...)

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D

... 16-

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