

The knowledge of oral hygiene and dental health in Vilnius residents

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Objectives: The aim of a study was to determine Vilnius residents understanding of dental diseases and assess the knowledge of oral hygiene.

Materials and Methods: A questionnaire was prepared based on five focus groups involving 58 questions about knowledge of oral hygiene, periodontal and dental health. One-to-ten scale was used in a questionnaire and it also consisted of items to assess participants' personal data (age, gender, occupation). One hundred forty eight non dental students of workers (mean age 25.57 ± 9.623) were recruited into this study. Statistical significance was based on probability values of less than 0.05.

Results: 78% residents of Vilnius agree that good oral hygiene prevents from caries lesions; 55% – that dental diseases are genetically determined. 51% agree that the main reason of caries lesions are genetically inherited weak teeth; 69% – that plaque is the reason of caries.

Participants are 46% sure that one minute – one minute and a half is enough to clean the teeth. Respondents are 55% sure that teeth cleaning quality depends on the tooth paste; 40% sure that more expensive tooth paste cleans better; 66% – that the most important substances in toothpaste are fluorides. 71% agree that the shape of toothbrush determines the quality of tooth brushing; 73% – that they should rinse the mouth with mouthwash after tooth brushing.

Participants are 81% sure that recommended tooth brushing movements for buccal surfaces are vertical (up and down), 70% sure that recommended movements are circular and 65% – that right teeth brushing method is rolling stroke method. There was no statistically significant difference between participant's sex, age or occupation.

Conclusion: Vilnius residents are not sure of the etiology of caries and the weight of oral hygiene to it. They are not sure about the importance of the toothpaste and its composition and do not know the right movements and time of tooth brushing as they agree that all kind of movements are partially correct.

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