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### Oral health knowledge, practice, oral hygiene status and dental caries prevalence among visually impaired student in Alnoor institute of AL Madina AL Munawara, Saudi Arabia

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**Aim:** To investigate the oral health knowledge, practice, oral hygiene status and the prevalence of dental caries among visually impaired students in Alnoor Institute at Al Madinah, Saudi Arabia.

**Materials & Methods:** The study population consisted of 64 visually impaired students attending Alnoor institute at Al Madeinah in the age group of (7-24). The study was conducted to assess oral health knowledge and practice through interview questionnaire. The simplified oral hygiene index was used to assess oral hygiene and DMFT/dmft for caries prevalence.

**Result:** The study revealed 4.84% of the students were free of caries while caries prevalence is 95.16% which is very high and coincide when comparing it to control group from other study in the same area. The mean of DMFT/dmft is low 0.24/0.59 that is may be due to various reasons ranging from biochemical differences in salivary buffering to differences in living environment, dietary and hygiene habits. This study revealed insignificant between neither the mean of DMFT/dmft for both gender Male & Female 0.24/0.57 and 0.24/0.65 nor the mean of plaque index 1.5/1.33 respectively. Also the age group distribution was insignificant. Among Survey 93.7% agree with role of sugar in leading to caries while 3.1% disagree & 3.1% they don't know. There was 85.9% who do brush their teeth and 14.1% don't. There was 87.5% agree with that brushing will prevent caries but 9.47% they did not agree. For the method of brushing it was found that 93.2 % use tooth brush 3.4 % use fingers and 3.4% use Meswak .

**Conclusion:** The finding of the study revealed high caries prevalence and low DMFT/dmft and more than 2/3 of the sample have =>1-2 soft debris accumulation. A little extra care by the parent or caregiver regarding oral hygiene can give drastic result in reduction of dental caries and gingival disease.

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### Vitamin K2 relative to the endocrine and exocrine aspects of dental caries

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The links of oral and systemic diseases are continuing to emerge. While periodontal disease has been linked to many systemic diseases through the process of uncontrolled inflammation, the same paradigm has only recently been applied to dental caries. Southward's systemic theory shows the caries process starting in the hypothalamus part of the brain. Through the endocrine system, signals are sent to the parotid glands. Like the pancreas, the parotid glands have both an endocrine and exocrine function. The endocrine part of the parotid gland secretes parotid hormone, which stimulates a centrifugal fluid flow through the tooth. This dentinal fluid flow both cleanses and nourishes the tooth from the inside. A high sugar diet elevates blood glucose levels. This causes the brain to signal for a halt or reverse of the dentinal flow. This allows oral acids to be absorbed by the tooth. Figuratively, a healthy tooth sweats and an unhealthy tooth acts more like a sponge. These acids irritate the dentin and pulp of the tooth, which responds with an inflammatory response. When inflammation can no longer be controlled, tissue breakdown occurs in a process similar to periodontal disease. It is the body's own enzymes rather than acid that cause caries in the dentin. Antioxidants have been shown to preserve the dentinal fluid flow, even in elevated sugar diets. Vitamin K2 may preserve the centrifugal fluid flow moderated by the endocrine system. It may also influence salivary pH in the exocrine function of all salivary glands.

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