

Awareness of Saudi Community about Periodontal Diseases

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Abstract

Objective: The study focuses on the awareness about periodontal diseases for oral and general health among Saudi population who visiting primary health care center in Riyadh city the main objective of the study.

Method: Twenty-four patients of an average age of 22 years from health care institutions patients were selected to participate in the study. The participant filled the provided unstructured interview questionnaire as the form of collecting data. The content of the questionnaires was the gender, age, the experience of periodontal disease and what measures they have taken to prevent, control and treat the occurrence of oral disease generally.

Result: 70 percent of the people who participated said that they have in one way or another suffered from periodontal diseases. Gingivitis disease was the most common among the other types of periodontal diseases. The rest of the 30 percent of the participants expressed their concern that sometimes when they are brushing their teeth had bleeding gums. 20 percent of those who had expressed continues bleeding visited the nearest health care facilities to seek for proper diagnosis and medication.

Conclusion: Proper communication should establish with community people to improve their knowledge about periodontal diseases and general health and increase the public health activities to reach this goal. Also, governmental and humanitarian institutions need to focus some of their efforts to improve the people knowledge about health. People need to know that good oral health translates to good general health.

Keywords: Periodontal Diseases; Saudi Population; General Health

Introduction

The general health of an individual cannot be complete without good oral health. Therefore, oral health attracts a lot of attention and the need to ensure proper management and treatment of periodontal diseases. Periodontal disease a bacterial infection that destroys the attachment fibers and supporting bones that hold the teeth in the mouth. The cause of the disease is plaque biofilm that leads to gingivitis which define as inflammation of gingiva. Gingivitis may progress to periodontitis and lead to loss of the teeth if it is not treated. There is an association of periodontal diseases with other systemic diseases such as cardiovascular, diabetes mellitus, poor pregnancy outcomes, and hypertension [1].

Periodontal diseases has two main types of diseases, these are Gingivitis and Periodontitis. Gingivitis refers to the swelling of the gum around the collar of the teeth, whereas the Periodontitis is the inflammation that affects the tissues and the bone of the teeth. Most children sometimes have signs of swelling of the tissues around the neck of the teeth and in adults it is prevalent. The characteristics of gingivitis are swelling, redness of margin of the gum and also bleeding while brushing the teeth. Normally, a person with healthy gums the

color of the gums is pale pink, soft surface and consistently firm and the edges of the gums are tapered. No bleeding should be seen when brushing or when probed by a dentist.

The occurrences of gingivitis can either be acute or chronic. The acute form of gingivitis is in most cases associated with particular infections, trauma, or micro-organisms. On the other hand, the chronic inflammations of the gum's tissue around the teeth are characterized by the presence of bacterial biofilm that engulfs the gum and the teeth [2]. Before the inventions of proper methods of treatment of periodontal diseases, gingivitis was perceived to be the first stage of the chronic process that leads to the loss of bone around the teeth and also the gum. However, it can be managed and controlled by using effective hygiene practices, such as the removal of bacterial plaque from the teeth and the gums using a toothbrush or floss. The practices of brushing the teeth each day have proved to be effective since there are fewer infections and inflammations among young people. Nevertheless, in other countries where awareness of cleaning of the teeth and living standard is low, there is still a widespread effect of periodontal diseases [3].

Moreover, periodontitis is described by the formations of spaces or pockets between the gums and the tooth [2]. It may gradually cause prolonged periodontal destructions to the extent of loss of the teeth. The progression of bone and gum diseases is greatly influenced by many personal hygiene activities. The fact that the disease is "silent" in nature which means it is not painful makes it a challenge to early detection. The only sign is the bleeding of gums when brushing the teeth or feeling the sensitivity while drinking or eat cold or hot drinks and food.

Objectives of the Study

1. Knowing the level of awareness about the periodontal diseases among Saudi population in Riyadh city.
2. To determine the strategies that have been put in place to manage and control periodontal disease by health care facilities
3. To determine the impact of awareness as a way to control and prevent periodontal diseases.

Significance of the Study

The study will be of great importance to the health care sector in the country since it will highlight several ways in periodontal disease can be effectively managed to improve the health of the people. The research also will provide the implications of creating awareness as a way of managing periodontal diseases. Recommendations from the study will be of concern to the management of health care facilities to adopt new and effective treatment. As a result of the improvement in the management of periodontal diseases, the same effect will be translated into better health care.

Literature Review

The concepts regarding periodontal and other oral diseases have significantly changed over time due to different prevailing factors [4]. Researchers and scientists in the 19th century were not able to properly identify the main bacteria causing periodontal disease due to technological challenges. However, because of this, it led to the development of the "Nonspecific Plaque Hypothesis". The hypothesis states that the indigenous bacterial can control the gingival and periodontal to form a plaque in the absence of personal oral hygiene. The inflammations do resist when the host is lowered and the eliminations of plaque resulting in a state of hygiene. The theory explains that the amount of plaque is a determinant of the pathogenicity regardless of the levels of virulence of the oral bacteria [4]. Therefore, the theory stresses the plaque control methods to reduce the risk of inflammations. The identifications of the species that contribute to periodontal disease pathogenesis hence the hypothesis points on the disease.

According to Philip D. Marsh, he proposes an idea that combines an important earlier hypothesis to his "Ecological Plaque Hypothesis." He states that any disease is caused by the presence of an imbalance in the micro flora due to stress such as ecological ones [5]. The effects result in the enlargement of oral pathogens and other micro-organisms. Furthermore, Marsh illustrates the theory explains changes in the microbial compositions. The examples of the ecological factors are such as the presence of essential cofactors and nutrients, pH, and redox potentials.

Methodology

Data collection method for the study

The main data collection method that the researchers of this study of periodontal diseases will implement is the use of interviews by a way of formation of questionnaires directly related to periodontal diseases. These will be semi-structured interview questionnaires instead of unstructured or structured interviews [6]. This type of data collection is best because of it open-ended and therefore it does not limit the respondent which answering the questions, the respondent can provide more information even which is outside the scope of the study. As compared to structured interview questionnaires which only provide very specific answers and hence leaving out important information which may be asked in a specific manner [6].

To get the relevant information through the interview questionnaires, it should be semi-structured and arranged in a way that encourages the person to asked questions to give answers in a detailed manner. The researcher will, therefore, need to give proper guidance to all the participants the moment they will be required to give answers to the questionnaires not included in the interview list. In accordance to Crow and Edwards 2013, states that semi-structured interviews are in most cases used in the research of healthcare-related studies since it gives the respondent great a chance and answer an interview question in a wide perspective. More relevant information during studies research is important to achieving the goals of the study. This information may be otherwise not considered important to the study but the moment these well-guided interviews are exposed to the respondent they will be able to answer in detail.

Furthermore, the interview method captures personal emotions and feelings, different experiences, beliefs, and perceptions regarding the occurrence of periodontal diseases. For example, the researchers need to establish the measures and management policies put in place by the selected healthcare facilities to prevent, control and manage periodontal diseases [7]. Secondly, the study through these interviews will capture the experience of patients will have in the past and now be exposed to periodontal disease and how they have been able to treat and manage future occurrences.

The doctors, dentists and nurses are people who know how to guide and treat infected people any time they seek their help [8]. Therefore, having a specific questionnaire for them to answer will provide key information that will help in implementations of management ways of periodontal diseases. Through the experience of the medical personnel, they have been able to handle and treat people suffering from oral diseases have better ideas and measures they have in the past used to treat or preventive measures they prescribed to the patients. The interview method is seeking to know how the government has helped in the management of the oral disease by respondents giving their experience on how they have on personal level benefits with implemented healthy policies.

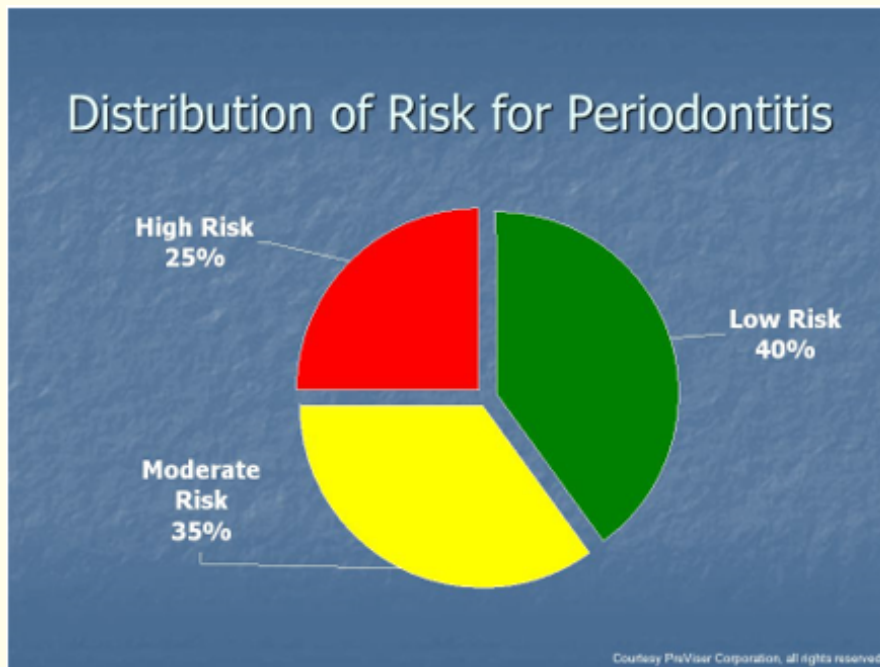
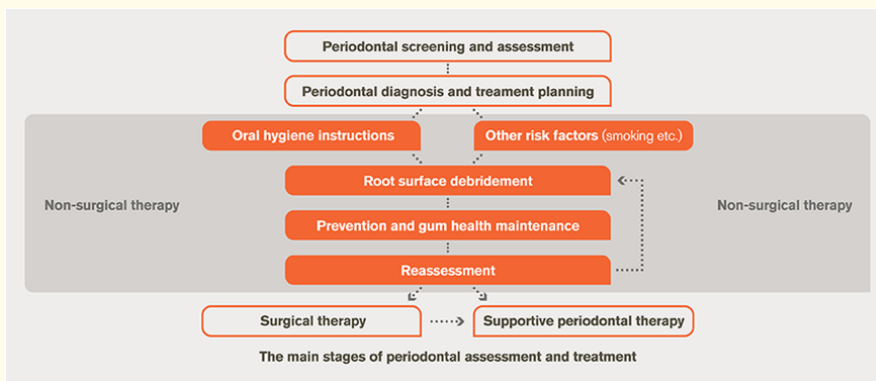
The interview questionnaire used to gather information for the study will be open-ended. This means that the respondent will not be subjected to giving 'yes' or 'no' answer but rather they are free to give further information and ideas. The questionnaire is neutral and much easier to comprehend by the respondent [7]. Avoidance of biased questions which may be against the respondent and also difficult to understand, the researcher needs to avoid at all cost since doing so hinder gathering the correct information and lastly considering and guaranteeing the participants confidentiality will make them comfortable in responding to the interview question [9].

Results

After conducting the interviews with the selected participant, the results were interesting. From the results, 70 percent of the people who participated said that they have in one way or another suffered from periodontal diseases. Gingivitis disease was the most common among the other types of periodontal diseases. The rest of the 30 percent of the participants expressed their concern that sometimes when they are brushing their teeth had bleeding gums. 20 percent of those who had expressed continues bleeding visited the nearest health care facilities to seek for proper diagnosis and medication.

The interview results presented several primary causes and factors that largely contributed the oral diseases. The female participants stated during their pregnancy and the monthly menstrual circle their gums are very sensitive and therefore, it may lead to the development of gingivitis. Furthermore, the study established that illnesses affect the condition of individual gums, the example of the disease affects the gums is HIV, Cancer and Diabetes. All these diseases affect the human immune system and hence individual with these kinds stand a chance of developing cavities and periodontal diseases.

The other establishment of the study is that some medication affects the oral human of the participant. The type of medication that contributes to oral disease are those that have a protective effect on the gums and teeth of an individual and hence causing abnormal development of gum tissues. Besides, poor oral hygiene also greatly contributes to the risk of periodontal disease, habits like eating without brushing the teeth on a daily basis create a conducive environment for the development of gingivitis. Moreover, 10 percent of the participant who had the habit of smoking said that their gum tissue was harder and hence that contributed to them suffering from oral diseases.



Figure

Discussion

Fundamental, periodontal diseases are mainly caused by bacterial infections that attack individual mouth [2]. There are an estimated 500 different types of bacterial species that are able to colonize a person's mouth [2]. Therefore, the medical personnel and the people should be aware and hence put in place preventive measures to counter the spread of oral diseases. Recent studies show that there is a relationship between other disease and periodontal disease among other risk factors.

When an individual is infected with the periodontal disease it effects go a long way to affecting the general health and thus impacting on the quality of life of the infected person. It is for this reason that medical personnel should comprehend the overall consequences and the best options of treatment needed to be administered. Furthermore, the government needs to provide the required support to ensure that people can easily access medical services so that they can prevent and seek early treatment. This will greatly improve the oral and general health status of the people.

In recent research, 57% of medical personnel have knowledge of the relationship between oral diseases and general health. From the interview, the questionnaire revealed that among the medical facilities 82% have encounter patients with periodontal diseases, the management of these hospitals has implemented varies options of treatment to the patients they receive. Public awareness is one method of managing and controlling oral disease. The campaigns conducted by the health care facilities are mainly on educating the people on prevention measures of oral diseases.

Recommendations

In order to improve the quality of life, the following recommendations will increase the oral health of an individual. The importance of this recommendation as a way of managing periodontal diseases will lead to people having good oral and general health and hence cutting the cost of treatment.

Conducting oral health literacy in the communities will help reduce the rate of infections of periodontal and other related oral diseases. Public awareness will instill the benefits of brushing teeth daily. The moment the people can fully understand the importance of brushing and implement then such diseases will be avoided at all costs.

Proper communication should establish the existing link between oral health and general health of an individual. People need knowledge that good oral health translates to good general health. However, there are some diseases that affect the immunity of an individual and this greatly contributes to infections of periodontal diseases.

Medical Institutions across the country needs to create an interdisciplinary team who only focuses on the management of people who are already affected by oral diseases. This will help control and provided the needed medical attention to combat the diseases before affecting general health.

Paying attention to the control of periodontal diseases at an early stage in a child's life. Hence, this will help avoid loss of attachment. Healthcare facilities should ensure that mothers visiting the hospital regarding the intention are enlightening on childhood prevention methods of periodontal diseases.

The government should incorporate policies of oral health into the overall health policies. In addition, the establishment of partnerships between non-governmental organizations and other health-oriented institutions will promote optimal general and oral health because of the wide base of the people they can reach.

Conclusion

Proper communication should establish with community people to improve their knowledge about periodontal diseases and general health and increase the public health activities to reach this goal. Also, governmental and humanitarian institutions need to focus some of their efforts to improve the people knowledge about health. People need to know that good oral health translates to good general health.

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