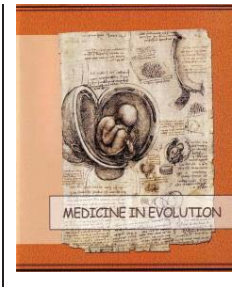


# Study of the influence of juice consumption and eating habits on children's teeth in Rieni, Bihor County



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## Abstract

The present study included all preschool and school children from Rieni, Bihor County and their parents. The study aims to assess parents' knowledge of oro-dental health, as an integral part of general health, means of prevention and prophylaxis of tooth decay, as well as juice consumption and eating habits of children in Rieni, Bihor Country. As material and method, we proceeded to collect individual opinions, expressed by completing a questionnaire. In conclusion, slow consumption of acidic beverages over a long period of time, especially if drunk in small sips, can create dental erosion, induced by the action of acidic substances. Small amounts consumed between meals, will permanently provide food for cariogenic bacteria, will subject the teeth to long periods of demineralization and will therefore be at the origin of numerous carious processes.

**Keywords:** juices, children, tooth decay

## INTRODUCTION

In dentistry, studies over time show that populations that do not consume carbohydrates are resistant to caries, such as Eskimos. Gustafsson et al found that patients on a high-fat, low-sugar, low-sugar diet had low tooth decay levels. [1-5] He added refined sugar as a supplement to the meal, and the caries rate remained virtually low. However, when the caramels were added between meals, there was a significant increase in the number of new caries. [6-12]

### *Aim and objectives*

The study aims to assess parents' knowledge of oro-dental health, as an integral part of general health, the means of prevention and prophylaxis of dental caries, as well as the consumption of juices and children's eating habits and how the diseases affects the quality of life of children.

## MATERIALS AND METHODS

The study took place between 11.04 - 22.04. 2016, including all preschool and school children from Rieni, Bihor County and their parents.

We started by informing the parents and receiving the consent to participate in this study.

We continued by collecting individual opinions, expressed by completing a questionnaire. It consists of 15 questions, to which the answers are preformulated, and the options considered correct will be chosen by the respondent. Through this questionnaire we collected data on the optimal age for the first visit to the dentist, the frequency of brushing teeth, hygiene habits and the use of karyopreventive means, diet and frequency of juice consumption per day.

The questionnaire was processed after Guidance for researchers and reviewers, Version 3.2 May 2007, National Research Ethics Service, England, Informed consent to take part in a clinical research study, The Queens Mwdical Center Honolulu Hawaii, The Human Research Protection Program, University of California, San Francisco.

## RESULTS

If the number exceeds 4 consumptions per day, the risk of dental erosion induced by the action of acidic substances increases. Most carbonated soft drinks are acidic. Slow consumption of acidic beverages over a long period of time, especially if drunk in small sips, can create tooth erosion, induced by the action of acidic substances. AS A PRACTICAL IDEA, avoid keeping acidic drinks in the oral cavity for too long or avoid drinking them in small sips for a long time or consume them with a straw!!!

## DISCUSSIONS

Data processing will be performed by statistical analysis.

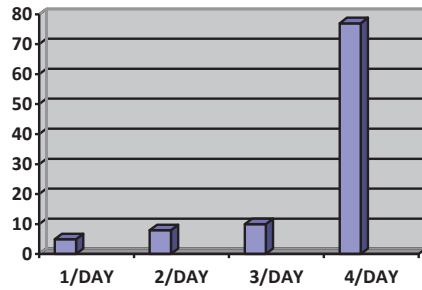


Figure 1. Drinking juice/day

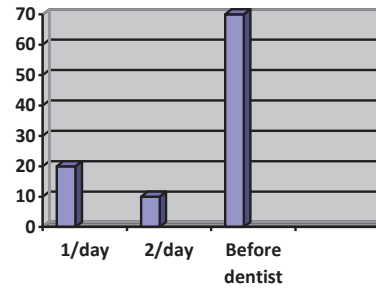


Figure 2. Frecqveny of tooth brushing

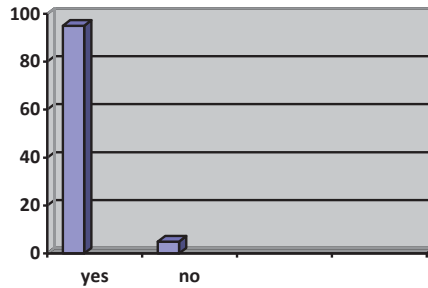


Figure 3. Habits of drinking juices

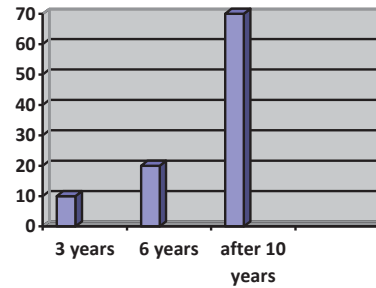


Figure 4. First visit at dentist

## CONCLUSIONS

The consumption of sugar in indirect form, such as juices, has increased in the last quarter of a century, with a natural tendency to further increase.

Studies show that if sweets are consumed during main meals, even in large quantities, they do not produce such important shortcomings. Instead, small amounts consumed between meals will permanently provide food for cariogenic bacteria, subject the teeth to long periods of demineralization and will therefore be at the origin of numerous carious processes. [13-14]

The results will allow the dentist to orient the methods and means of information, as well as the prophylaxis actions.

Health education programs conducted in kindergartens and schools aim to train, strengthen or change children's attitudes and behaviors toward their own health. In the present study we wanted to evaluate the attitudes, behaviors, eating habits of children towards various aspects of oral health. [ 15-19]

The impact of socio-economic factors on children's eating habits was obvious. As we assumed at the beginning of the research, the consumption of juices in children in Rieni is increased, and the frequency with which they consume these drinks especially loved by children is also increased.

In health education programs it is necessary, therefore, to introduce information on prophylactic means, education for a proper diet with a healthy diet, and the frequency of visits to the dentist. Also, the education programs will aim at changing the administration schedule, the sweet drinks can be consumed after the main meals of the day and not at all between meals. [20-25]

The realization of preventive programs is especially important both in kindergartens and in schools.

Partnerships between Mayors and Universities, such as the one between Rieni City Hall and the University of Oradea, Faculty of Medicine and Pharmacy, can create the framework for scientific aspects to be complemented by dental health education programs.

### *Acknowledgement*

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