

Preventive Oral Health Knowledge and Practice in Jeddah, Saudi Arabia

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ABSTRACT. Three preventive measures which have been recommended by the American Dental Association include that adults should thoroughly brush and floss their teeth at least once a day and get regular oral health check-ups. The purpose of this study is to assess the oral health knowledge and behaviour patterns among the Saudi Arabian population. 500 subjects were asked to complete a questionnaire which addressed many questions on oral health. All respondents were above 18 years of age. Responses showed that 98.5% brushed their teeth regularly, 35.2% used dental floss, and 69.8% visited the dentist. About 27.6% of all respondents used all three preventive measures. Miswak was used by 49.2% of the respondents. The study also showed that television was the most frequently reported source of education for the public on dental hygiene (60.7%). Although 98.5% of respondents used a dental brush daily, only 27.6% of the sample used a combination of the three recommended preventive measures. Therefore, there is an urgent need for a government based effort to reinforce knowledge and implementation on proper dental hygiene.

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