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The effect of nutrition on the prevalence of caries in students (clinical-statistical investigation)

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Introduction

The influence of food products on the development of dental caries was investigated with the help of statistical methods.

Material and methods

The data of inquiry of students of the Dental faculty of Lviv Medical University serve as the informational base for the investigations. Generally, the consumption of dairy products, vegetables, fruit, meat, bread, and sweets was the subject of investigation. The composition of consumed food products per week was taken as a quantitative characteristic.

The questionnaire consisted of three parts. The first part included the inquiry as to the consumption of definite types of food products and drinks, as well as going in for sports and smoking. The second part contained questions and answers as to hygienic habits, i.e. oral hygiene (toothbrushing, types of toothpastes, etc.). The third part was named as "map of stomatological investigation" and oriented on the diagnosis of the condition of teeth.

Conclusions

From the established nonlinear statistical relationships follow, that the greatest influence on the teeth' disease has two groups of products-dairy and vegetables, fruits. For boys, there are optimal limits of these products consumption, the deviation of which in the direction of reduction or increase leads to an increase in the number of caries. Compared to boys for girls, the consumption's effect is much weaker.