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Oral submucous fibrosis: Correlation of clinical grading with various habit factors

Swetarchi Bhardwaj
India

Background: Over the past several decades, dental researchers reported different aspects of Oral Submucous Fibrosis (OSMF), but still there is lack of research which correlates the role of critical components of a habit such as duration, frequency, chewing time and style of chewing, which are important factors associated with severity of OSMF.

Aim and Objectives: The aim of this was to correlate the etiological factors to the severity of clinical grading with duration, frequency and style of chewing habits in OSMF patients and the objective was to study the prevalence of OSMF in different age groups, to evaluate the relation of etiological factors to the severity of OSMF and to study the severity of OSMF with different types of habits.

Material and Methods: The present study was done in Department of Oral Medicine and Radiology, Institute of Dental Sciences, Bareilly, U.P, with 200 clinically diagnosed OSMF patients. A detailed case history was recorded with special emphasis on different oral habits like, chewing gutkha with or without tobacco, betel quid chewing, areca nut chewing and plain tobacco chewing. Also duration of habit in years, frequency of habit per day, form of chewing like quid/chewing form and style of chewing i.e. spitting, swallowing and also duration taken to chew was recorded. Criteria for diagnosis of OSMF was followed according to the workshop held in Kuala Lumpur, Malaysia in 1996.

Results: We found that males were more commonly affected with OSMF as compared to females. The most common age group showing incidence of OSMF was 21-40 years and gutkha had strong association as etiology of OSMF, which was highly prevalent among the young age people. Also, the severity of clinical condition of OSMF was dependent upon the chewing frequency, duration of chewing, chewing style and length of chewing.

swetarchi.bwj@gmail.com