

University of Dental Medicine, Mandalay

**RELATIONSHIP BETWEEN ORAL HEALTH
BEHAVIOR AND REMAINING NATURAL TEETH
AMONG 60-75 YEARS OLD VETERANS AT
ESTATE HOUSING FOR VETERANS**

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ABSTRACT

The aim of this study was to assess the relationship between oral health behavior and remaining natural teeth among 60-75 years old veterans at estate housing for veterans. The target population was 207 elderly veterans aged 60-75 years lived in estate housing for veterans. A cross-sectional descriptive study was conducted in Mandalay and Nay Pyi Taw Regions and data concerning sociodemographic characteristics, oral health behaviors and oral health status were assessed. In the present study, most of them (40.6%) completed secondary school education. Majority of participants reported they brushed their teeth (97.1%) and used fluoridated tooth paste (95.7%). Approximately three fifth of the elderly (56.5%) brushed two times a day and 58.9% brushed in both vertical and horizontal directions. Nearly half (47.8%) had no experience of dental service utilization. Similarly, 47.8% had negative oral habits in which smoking was the commonly used habit (17.9%) when compared to others. Dental caries prevalence was 91.3% with mean DMFT of 2.06 ± 2.24 . Mean number of remaining natural teeth, functional teeth and functional teeth unit were 21.31 ± 8.69 , 22.84 ± 7.53 and 9.04 ± 4.59 , respectively. The number of denture wearing participants was 22 out of 207 (10.6%). The present study also reported statistically significant association between remaining natural teeth and tooth brushing habits ($p = 0.009$), tooth brushing frequency ($p = <0.001$) and bad oral habits ($p = 0.030$). In conclusion, oral health education program on the oral self-care practice, in particular tooth brushing was promoted to preserve the natural teeth of the elderly veterans.