

Dental Status of Elderly in Maraveh-Tapeh City, Golestan

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One of the main problems of the old people is losing the natural teeth which can be considered as a very important event in their life because as a result the aged will be afflicted with a kind of functional disability which affects daily activities such as food choice, eating and speaking; it even creates many psychosocial problems for the old person [1]. Studies also indicated that the old people who have lost their teeth have a more unfavorable quality of life [2]. The importance of Oral Health is so that one of the elements of Primary Health Care (PHC) is devoted to Oral Health [3].

Moreover, losing teeth reflects the behavior of the old person, dentists and also lack of access to dental care. Therefore, the study was designed and conducted in order to determine the dental status of old people in the villages of Maraveh Tappeh County.

In this descriptive-analytical study conducted in 2010, 119 rural old people of Maraveh-Tappeh who were over 60 years were selected by a two-stage sampling (simple random, systematic) and the data was collected through a questionnaire which its validity and reliability was confirmed and by referring to house and via interview and observation. Then, the data was entered into computer and was statistically analyzed by SPSS-14 and use of chi-squared test.

The average age of the old subjects was 67.5 ± 5.64 . 53.8% were men and 46.2% were women. 53.8% had natural teeth, 29.8% had false teeth (dentures), 8% had

both of them (natural and false), and 16% were completely edentulous. 85% of old people used only water, 14% used toothbrush and only 1% used dental floss for cleaning their teeth. Natural teeth in the married people was significantly more ($p=0.003$). Also, natural tooth in those who lived alone was significantly less than others ($p=0.001$).

Oral health status of elderly patients was not desirable; this indicates their lack of awareness of the importance of oral health care and also the Healthcare System inadequacy in training proving the elderly with oral health care. Therefore, dental examinations among the old people and educational interventions are suggested in order to avoid this problem.

Authors' Contributions

All authors had equal role in design, work, statistical analysis and manuscript writing.

Conflict of Interest

The authors declare no conflict of interest.

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