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CONTENTS OF THE VOLUME

- i. Copyright Notice
- ii. Editorial Board Members
- iii. Chief Author and Dean
- iv. Table of Contents
- v. From the Chief Editor's Desk
- vi. Research and Review Papers

- 1. Anthropometric Data Collection in the Human Nasal and Oral Cavity. **1- 6**
- 2. Fusion and Gemination in A Primary Mandibular Anterior Teeth. **7- 8**
- 3. Relationship of Oral Hygiene Practices and Dental Caries among School Children of Sullia taluk, Karnataka, South India. **9-14**
- 4. Enhancing the smile with botox- Case Report. **15-17**
- 5. Is your Tooth Cleaner, Clean...???. **19-23**

- vii. Auxiliary Memberships
- viii. Process of Submission of Research Paper
- ix. Preferred Author Guidelines
- x. Index



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Anthropometric Data Collection in the Human Nasal and Oral Cavity

By K. Farahmand & R. Srinivasan

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Abstract-This paper examines new methodologies that may be used for the process of the Anthropometric data collection in the Human Respiratory Tract (HRT). The geometric dimensions of internal human anatomy in the nasal and oral cavity varies among the individuals but has the same structure overall. The volume of the flow differs widely with respect to the dimensions of the nasal and oral cavity. The process of defining a definite geometry is a complex task as the shape or size of the cavity differs widely. Several methods which are published in literature define the geometry by determining its physical characteristics. The existing methodologies focus on the internal portion of the nasal and oral cavity extending up to the trachea and beyond. A methodology is proposed to measure the characteristic dimension of the human nasal and oral cavity at the inlet/outlet points which are classified as internal measurements.

Keywords: *anthropometry, nasal cavity, oral cavity, respirator devices.*

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ANTHROPOMETRIC DATA COLLECTION IN THE HUMAN NASAL AND ORAL CAVITY

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Anthropometric Data Collection in the Human Nasal and Oral Cavity

K. Farahmand ^α & R. Srinivasan ^σ

Abstract- This paper examines new methodologies that may be used for the process of the Anthropometric data collection in the Human Respiratory Tract (HRT). The geometric dimensions of internal human anatomy in the nasal and oral cavity varies among the individuals but has the same structure overall. The volume of the flow differs widely with respect to the dimensions of the nasal and oral cavity. The process of defining a definite geometry is a complex task as the shape or size of the cavity differs widely. Several methods which are published in literature define the geometry by determining its physical characteristics. The existing methodologies focus on the internal portion of the nasal and oral cavity extending up to the trachea and beyond. A methodology is proposed to measure the characteristic dimension of the human nasal and oral cavity at the inlet/outlet points which are classified as internal measurements.

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1. INTRODUCTION

Anthropometric data collection is a tool widely used today in design and development of a product. The use of the Anthropometric data during the design stage assists in the optimum use of the product by target population for intended application. National institute for occupational safety and health (NIOSH) conducted an anthropometric study of the facial measurements (NIOSH 2007). The safety of the population using the respirators is addressed by the NIOSH and it is the responsibility of NIOSH to ensure that quality of the respirators is maintained and it fits to the target population. Hence NIOSH conducted an anthropometric survey of sample population depicting the diverse US respirator users. The manufactures also followed the guidelines given by NIOSH. An overview of the airway geometry is needed by many for the purpose of studying the airflow dynamics involved. Figure 1 shows a numerical study of the spray particle deposition in the human nasal cavity and the geometry used. Inthavong et al. (2006) developed simulated conditions with added insertion angle for the drugs into the nasal cavity and the injected particle velocity to capture its flow properties along the nasal cavity. Similar kind of geometry was used by Zhang et al. (2008), Lindemann et al. (2004) and Pless et al. (2004) for performing the numerical simulation.

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The volume of intake air first comes in contact with the anterior portion of the nasal cavity and oral cavity (during oronasal breathing). These two regions get first affected by the fluid intake. The geometry of the nasal cross section is very complex and asymmetric in nature. These dimensions are measured using scanning and imaging methods for measuring the cross-section in the middle region consisting of the turbinate's and the posterior region connecting to the Nasopharynx. The Anterior portion can be measured using the available device patented (US6659963) shown in Figure 2. The Oral cavity when compared to the nasal cavity is convenient to measure until the throat region.

Data collections for the anthropometric measurements are usually related to the measurements externally and not internally due to the complexity of the human body. The anthropometric data measured for the external body comprise of number of subjects up to 4000 in number and more. The morphometric studies conducted for the internal body consisted of approximately 100 subjects at the maximum. The reason here is that the internal studies need sophisticated equipments like CT or MRI scans etc whereas the external anthropometric measurements need basic measuring instruments like callipers and measuring tape. The usage of the imaging devices is a complicated procedure and needs to be done by medical providers. The use of these equipments could be complicated, time consuming and cost will be staggering for a large population sample size. The same when performed by the use of the measuring devices for external anthropometric measurements will not be as expensive and complicated as for example the use of imaging devices.

The anthropometric data related to the volume of the nasal and oral cavity has been measured using imaging devices using small sample size. A measuring technique is proposed here in to measure the dimensions of the nasal and oral cavity with help of measuring instrument. The instrument could be used for measuring the inside dimensions of the nasal and oral cavity. This process of collecting anthropometric data for the human nasal (anterior portion) and the oral cavity (mouth portion) will provide the much needed data to help with the treatment of injuries, design of the respirator systems and other respiratory devices.

II. OVERVIEW OF CURRENT METHODOLOGY

A number of approaches are in the literature that study the characteristics related to heat and mass transfer along the HRT, deposition of particles, drug therapy applications and injury analysis. These studies do involve taking measurements of the various portions of the upper (nasal and oral) respiratory tract. The Human body does show a high degree of variation between different Human races around the world. The Anthropometric data collection for the human respiratory tract can be identified in two different categories, first in which the measurements for the internal portion of the HRT are taken into consideration for the analysis of the process of heat transfer characteristics, burn injury and or aerosol deposition taking place and in the second category the facial dimensions are noted down to assist fitting of the respirator device on the human face for full-face piece respirators or half-face piece respirators. The categories when analyzed are from a completely different point of view but when the functionality is taken into account; the facial characteristics and the inlet portion of the nasal and oral cavity are directly related to the effective functioning of the human being using the respirator device. The current methodology of gathering the anthropometric data are limited in both the cases. For the category 1 the inlet dimensions of the HRT are identified using the process of CT scan, MRI and Acoustic Rhinomanometry which is a costly process and can be performed on a limited number of subjects. The use of scale, callipers and tape for the category 2 type has been extensively used. This method has been performed on a number of subjects but it has its limitations as it can measure only the facial dimensions from outside.

III. LITERATURE REVIEW

A geometric model was developed for the human nasal cavity using CT scan images (Liu et al. 2009). This was done in collaboration with a hospital's Otolaryngology department and a subject size of 30 was used in the study. The model created was then compared with that available in the literature and a satisfactory model for the nasal cavity was obtained. The CT scan available was first converted into 2D coronal cross-sectional slices and with this as a reference a new 3D geometry was developed. The model completely focuses on the nasal cavity until the posterior region just above the nasopharynx. The fact that the deposition along the respiratory tract is influenced by the three major factors: physical, physiological and morphological is evident (Cheng et al. 1996). To study the aerosol deposition in the human nasal and oral cavity the authors here measured in vivo nasal cavity dimensions using both MRI and AR. A 3D model was reconstructed for oral cavity and the throat

model using casting procedures (Robinson et al. 2009). The authors here implemented the casting method instead of the MRI citing that accurate geometry is not obtained due to the movement of the vocal folds during breathing. Grgic et al. studied the aerosol deposition and flow measurements using a human mouth and throat replica (Grgic et al. 2004). The mouth piece angle and dimension were selected from that available in the literature for straight tubes. The extrathoracic model developed here was generated using the information available from CT scans, MRI Scans and observation of subjects during breathing. The model generated consisted of the mouth, oropharynx, larynx and the trachea. Furthermore a study the inter-subject and intra-subject in realistic mouth-throat geometries including mouth, oropharynx, larynx and trachea was also concluded (Grgic et al. 2004). The models used for these purposes were obtained using MRI scans of seven geometries. The acoustic reflection (AR) was used to study the nasal cavity geometry and dimensions (Hilberg et al. 1989 and Gomes et al. 2008)). These results were compared with the geometry obtained from the CT scans. Terheyden et al. validated the results obtained from the AR using the 3D reconstructed images from the CT scans (Terheyden et al. 2000). Xi et al. The use CT scans of a volunteer to construct the realistic model for the respiratory tract (Xi et al. 2008) considering the variations in the cross-section for various portions of the respiratory tract and the mesh generation along with different mesh types is a complex task. Cheng et al. measured the characteristics of the oral cavity until the trachea (Cheng et al. 1997). These characteristics were then related to the dimensionless parameters to study the ultrafine particulate deposition. Adult-Nasal-Oral-Tracheal head airway cast was used in the study to generate the model. Sampson et al. describe about the optical coherence tomography (OCT) in lieu of the CT or MRI scans. The airway dimensions have been verified against that obtained from X-ray or CT scan. Experiments were also conducted to measure the volume and nasal cross-sectional area at different points along the nasal tract. AR was used for this particular test (Mohebbi et al. 2008). The lateral cephalometric radiographs methodology is also used in determining the airway characteristics (Malkoc et al. 2005). This test provides only the 2D images of the nasopharynx. The CT scans were used to study the nasal cavity characteristics and the airway dynamics respectively and Tang et al. suggests some of the possible simulation techniques depending upon the type of flow (Tang et al. 2004 and Ertbruggen et al. 2005). Summarizing the above used methodologies we can infer that the most widely used methods are namely CT Scans, MRI, AR to determine the size and shape of the human respiratory tract.

The Study conducted by the NIOSH is completely focused on the external face features to

create a good fit of the respirators for the entire US respirator users. The anthropometric survey here consisted of a sample size of 4026 subjects for a total of 18 facial and head dimensions manually. The Anthropometric measurements specified above were from externally/ facial features, measuring the internal dimensions in the nasal and oral cavities can also be considered.

IV. METHODOLOGY

The Nasal cavity geometry follows a highly complex and asymmetric shape after a length of about 30 mm from the nasal inlet. The process of capturing the characteristics of this region is challenging task. The first 30 mm length of the Nasal cavity is the anterior portion which first comes in contact with the flow during inlet as shown in Figure 3. Figure 3 shows the imported geometry with mesh constructed for the simulation run. The mesh generation process here is determined by the value of the Reynolds number and the Reynolds number used here is 4130 (See Appendix 1) based on the diameter of the trachea and k- ϵ turbulence model is used for turbulent flow of low Reynolds number.

During a hazardous situation if hot air is inhaled then degree of burn injury suffered could be very high. The dimensions can be measured if an appropriate measuring device is designed for this particular task. The procedure for using this type of tool which penetrates into anterior portion of the nasal cavity must be performed under medical supervision. Figure 4 shows a measuring device (patent number US6659963) designed to measure the cavity in the anterior portion of the nasal cavity in between the inlet and the nasal turbinate's.

The device consists of three different tubes of varying length and diameter. The tube E has a calibrated scale shown in red colour. The tube B and D are connected by a wire mesh A. The wire mesh A expands or contracts when the tube D is moved in the horizontal direction i.e. inwards or outwards. The outer tube C acts as support for the two sliding tubes within. The portion of the tool that penetrates into anterior portion of the nasal cavity is highlighted in Figure 2. When the portion is inserted into the cavity and the tube is moved horizontally until the wire mesh obstructs the sliding mechanism, the data can be noted down from the calibrated scale. Figure 3 shows the pictorial of the existing measuring device.

The dimensions of the Oral cavity can also be measured internally. A measuring instrument similar to a calliper can be used to measure distance in 2 or 4 or 8 directions. This procedure might not need the degree of medical supervision as in the case of the Nasal cavity measurement but it is advisable to have a guidance of a medical practitioner. Figure 4 shows an arrangement of the instrument designed to measure the oral cavity dimensions. The end portion A is inserted into the mouth

while the handle D is manipulated. The ends "A" are placed against the wall of the oral cavity and the displacement of ends "A" is measured from the calibrated scale C. The two handles B pivot about the point F to place the two ends "A" against the wall tissue inside the oral cavity. Point E is free to move along the curvature of the handles "B".

The instrument shown in the Figure 5 could be used to measure the dimensions of the oral cavity as identified in Robinson et al. (2009) as a guideline. The inlet of the oral cavity is the widest and follows a tapering cross-section as it advances horizontally towards the Oropharynx. The outermost width being 30.9 mm and approximately 20 mm in width when measured 54 mm deep within the oral cavity as shown in Figure 6. Figure 7 shows the instrument with measurements from Robinson et al. (2009) used as a reference for design such that the instrument is capable of measuring the widest distance close to the oral cavity inlet and the lowest width which is at a distance of 54 mm from the opening.

V. DISCUSSION

The methodologies used for the purposes of the data collection can be summarized as the use of MRI, CT Scans, AR and use of Casting. This type of data collection usually is used on a small number of subjects. The limiting constraints include cost and subject availability due to the nature of procedures. A simple approach to measure these anthropometric data may lack the sophistication of the scanning and imaging devices like CT scan, MRI and AR but will provide the ability to measure large number subjects leading to more statistically usable data. The usages of the MRI, CT scan and AR have disadvantages of being unsafe from ionizing radiation or high costs of using the equipment and use.

The advantages of using this process of identifying the internal nasal and cavity dimensions can be attributed to the fact that this process can be applied to a large sample group. The cost involved with the use of the scanning and imaging devices will also be eliminated by this process. Exposure to the scanning and imaging devices also has a possibility of causing injury to the human body which can be eliminated by the use of these tools. The drawback of this method would be that the measuring needs to be done by the medical providers as the measuring device is inserted into the human body and not similar to the case in measuring the external anthropometric data. The Anthropometric data obtained here will have the measurements of the nasal cavity at a maximum of 50 mm deep and 54 mm for oral cavity whereas the scanning and imaging devices will assist in measuring within the human body.

A feasible method of measuring the dimensions of the Nasal and Oral cavity needs to be developed. A

measuring instrument similar to a calliper can be used to measure distance and or volume within the cavity. The process of measuring the anthropometric data here first starts with defining the landmarks in the human body, for example the tip of the nasal or oral inlet being one of the landmarks in the data collection process followed by the data analysis.

VI. CONCLUSION

In this study, an approach of measuring the nasal and oral cavity dimensions is outlined for research purposes. Anthropometric data are needed for the design and development of certain respiratory devices and instruments such as safety masks and goggles, respiratory masks, inhalators, etc. and treatment of the respiratory tract after injury. Various three dimensional heat transfer model of heated airflow through the upper human respiratory tract consisting of nasal, oral, trachea and the first two generations of bronchi are developed based on anthropometric dimensions for the various populations. Using computational fluid dynamics simulation software mesh diagrams of oral and nasal cavities considering various breathing / flow configurations are simulated based on these models. Other research uses include the study of the heat and mass transfer, aerosol deposition and flow characteristics in the upper human respiratory tract using computational fluid mechanics simulation requires access to a two dimensional or three dimensional model for the human respiratory tract.

Depicting an exact model is a complex task since it involves the prolonged use of imaging devices on the human body. Hence a three dimensional geometric representation of the human upper respiratory tract is developed using anthropometric data collected consisting of nasal cavity, oral cavity, nasopharynx, pharynx, oropharynx, trachea and first two generations of the bronchi. The methodology would measure the characteristic dimension of the human nasal and oral cavity at the inlet/outlet points which are classified as internal measurements. The respiratory tract is modeled circular in cross-section and varying diameter for various portions as identified and characterized by the anthropometric data. Based on the dimensions identified, a simplified 3D model representing the human upper respiratory tract is generated.

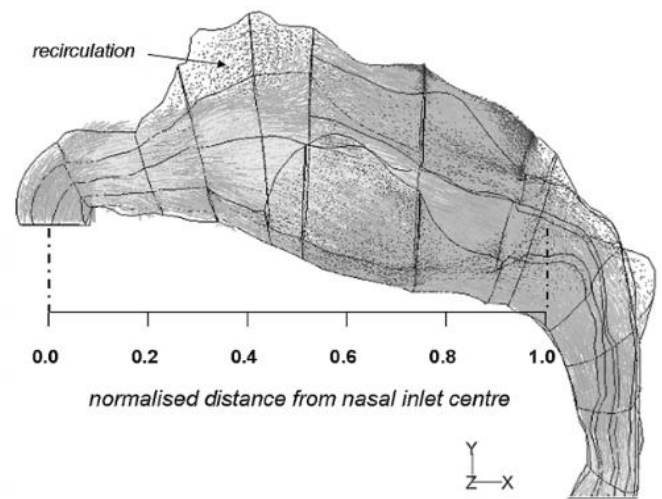


Figure 1 : Nasal cavity geometry used by Inthavong et al.(2006)

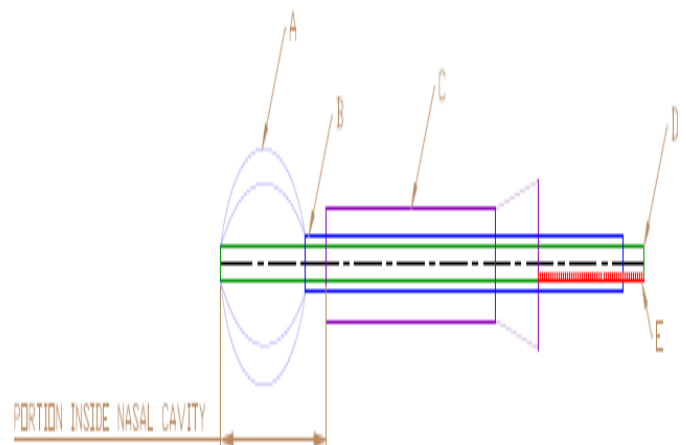


Figure 2 : Tool for Measuring Nasal Cavity Dimension. (Patent number US6659963)

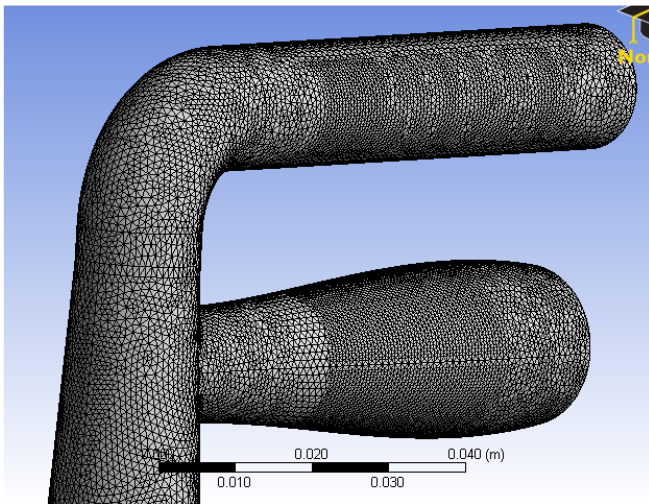


Figure 3 : Mesh generation

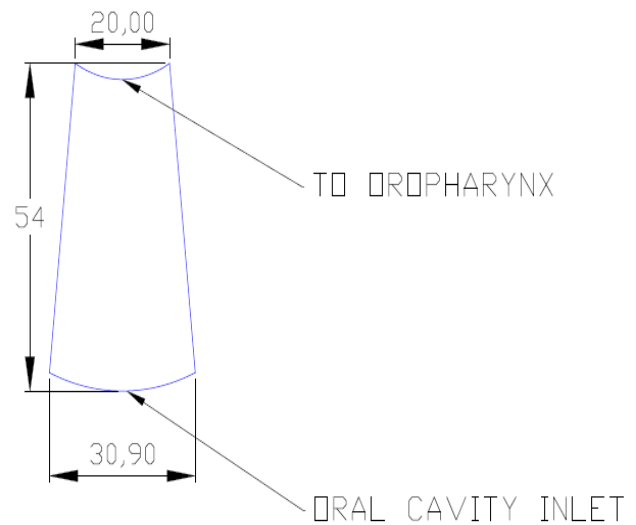


Figure 6 : Top View of Oral Cavity (mm)

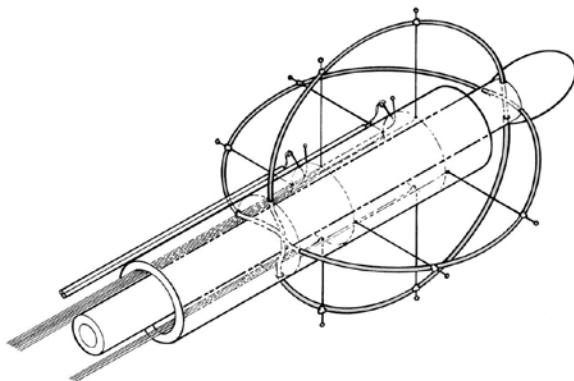


Figure 4 : Pictorial view of the Tool for measuring Nasal Cavity Dimension. (Patent number US6659963)

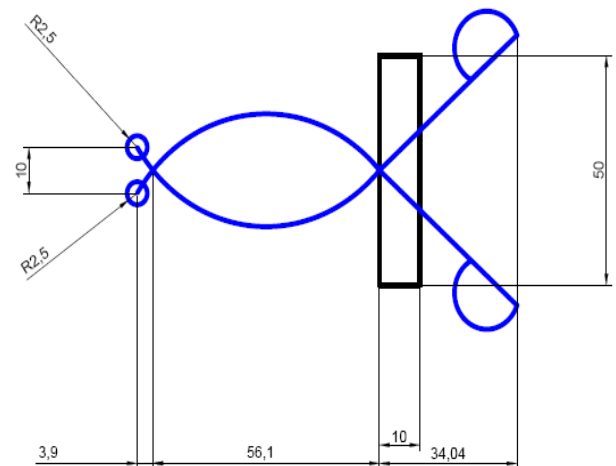


Figure 7 : Oral Cavity Measuring Instrument (All Dimensions in mm)

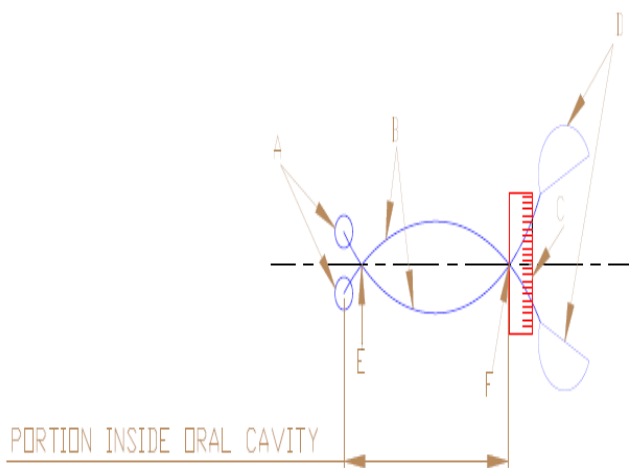


Figure 5 : Tool for measuring Oral Cavity Dimension

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Fusion and Gemination in A Primary Mandibular Anterior Teeth

By Prasanna Kumar Rao, Rohan Mascarenhas , Praveen Jodalli,
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Abstract-Tooth fusion is one of the rare anomalies of the shape of the tooth. It is due to the union of two separate tooth germs. Tooth fusion and gemination in mandibular primary teeth has very little documentation in Indian population. These conditions requires a minimal intervention approach, preventive procedures, and a long-term follow-up. Here we report a rare case of fusion between left mandibular primary central and lateral incisors and gemination in right primary mandibular lateral incisor in a four year old boy.

Keywords: tooth fusion, double teeth, bilateral fusion, mandibular primary teeth.

GJMR-J Classification : NLMC Code: WU 150



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Fusion and Gemination in A Primary Mandibular Anterior Teeth

Prasanna Kumar Rao ^α, Rohan Mascarenhas ^σ, Praveen Jodalli ^ρ, Vijay Kumar ^ω & Darshana Devadig [¥]

Abstract- Tooth fusion is one of the rare anomalies of the shape of the tooth. It is due to the union of two separate tooth germs. Tooth fusion and gemination in mandibular primary teeth has very little documentation in Indian population. These conditions requires a minimal intervention approach, preventive procedures, and a long-term follow-up. Here we report a rare case of fusion between left mandibular primary central and lateral incisors and gemination in right primary mandibular lateral incisor in a four year old boy.

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I. INTRODUCTION

One of the most unusual anomalies of shape of the tooth is fusion. It is union of two separated tooth germs. It always confused with germination, which is an attempt of division of a single tooth germ. ^[1] Clinically it appears as a two separate crowns joining together or a crown of double the size of normal. The presence of deep fissure in fused teeth predisposes them to dental caries and makes them unaesthetic. Radiographically, there are two separate pulp chambers and root canals to a common pulp chamber and root canal system. Different treatment modalities can be implied according to the requirements of the situation. ^[2] Here we describe an unusual case of fusion between left mandibular primary central and lateral incisors and gemination in right primary mandibular lateral incisor in a four year old boy.

a) Case Report

A medically fit 4 year old boy reported to our dental clinic with chief complaints of decay in the upper right and left posterior teeth. There was no family history of dental anomalies and no consanguinity was reported in the parents. General and extraoral examinations appeared non contributory.

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Intraoral examination revealed that mandibular left side deciduous central lateral incisors were fused together and germination in mandibular right lateral incisor. There was a deep groove on the labial and lingual surface with incisal notching. The periapical radiograph exhibited that the crowns and the roots were fused with complete union of their pulp chambers and root canals in mandibular left central and lateral incisors and right lateral incisor. (Figure 1)

II. DISCUSSION

The terms Joined tooth, Double tooth, Twinning, is used to describe connate tooth and includes both teeth fusion and gemination. ^[3] Tooth fusion normally due to the union of two separated tooth germs. Depending on the time of union and stages of tooth development it may be complete or incomplete tooth fusion. Sometimes fusion can also be seen between normal tooth and supernumerary tooth germ. ^[4]

In 1979 'Two tooth' rule is introduced to use the term fusion and germination. If the fused tooth are considered as one and the number of teeth in the dental arch is less than the term fusion is considered. If the number of teeth in the dental arch is normal then it is termed as germination or it is a case of fusion between normal and supernumerary tooth. But supernumerary tooth has conical in shape so it shows difference in the two halves of the joined crowns. ^[3]

Very few cases of bilateral fusion in mandibular primary dentition have been reported from the Indian population in literature. However in Caucasians it is 0.02% and in Japanese population 0.32%. It causes mainly spacing, malocclusion, esthetic and periodontal problems. ^[5,3,6] Reports of tooth fusion is more in primary dentition (0.5%) when compared to permanent dentition (0.1%). But bilateral tooth fusion in mandibular primary dentition is very rare (0.02%). ^[7]

The pathogenesis of the tooth fusion is not clear, however trauma, hereditary, environmental factors are considered. There is strong evidence of genetic control of fused teeth as evidenced in family. ^[8] The deep groove which present on the surface of the fused tooth is the area where bacterial plaque accumulation takes place and which leads to dental caries and periodontal disease. ^[3] The diagnosis of tooth fusion is mainly depends on history, clinical finding and radiographic findings. ^[9] Management of twin teeth requires regular and long term follow-ups.

III. CONCLUSION

In fusion and germination, deep groove present on the crown may predispose the teeth to develop dental caries or periodontal problems. The treatment of choice depends upon the patients periodontal, esthetic and functional requirements. Usually a multidisciplinary approach may contribute to the success of the treatment.

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Figure 1 : Intraoral periapical radiograph showing fused mandibular left primary central and lateral incisor, Gemination in right primary lateral incisor with single root and root canals.



Relationship of Oral Hygiene Practices and Dental Caries among School Children of Sullia Taluk, Karnataka, South India

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Abstract-Objective: we aimed to evaluate the prevalence of dental caries, treatment needs and oral hygiene practices school going children of Sullia taluk.

Materials and methods: A total of 1800 school children constituted the study sample. Each age group consisted of 600 children. Information on oral hygiene methods was collected. Dental caries was recorded using dft/DMFT as per WHO 1997 guidelines.

Results: The prevalence of dental caries was found to be 33.6% in Sulliatluk. The prevalence of dental caries was found among 5 year old 31.0%, 12 year old 32.8% and 15 year old 37.0% respectively. Prevalence of dental caries among tooth brush using 32.6% and finger users 42.8%. This observation was statistically significant ($P < 0.05$). The percentage of caries affected children was low among tooth paste user (30.5%) and those who brush their teeth twice daily (10.6%).

Keywords: dental caries, treatment need.

GJMR-J Classification : NLMC Code: WU 158



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Relationship of Oral Hygiene Practices and Dental Caries among School Children of Sullia Taluk, Karnataka, South India

Praveena S ^α, Thippeswamy HM ^α, Nanditha K ^ρ & Kalyana Chakravarthy P ^ω

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Conclusion: Prevalence of dental caries for the entire study population was 33.6% and the treatment need among the study population revealed that greatest need was for one surface restoration followed by other treatment.

Keywords: dental caries, treatment need.

1. INTRODUCTION

Dental caries is a microbial disease of the calcified tissues of the teeth, characterized by demineralization of the inorganic portion and destruction of the organic substance of the tooth.¹ It is a dynamic process where both demineralization and remineralization occur simultaneously. When the rate of demineralization exceeds the rate of remineralization, then there is frank cavity formation.

Dental caries or tooth decay is both a universal and a lifelong disease. This disease is universal in the

sense that the prevalence or percent of the population affected increases with age, ultimately affecting almost the entire population. All of us are at risk for caries as long as we have our natural teeth. Thus it is life long and may occur as early as the first year of life as early childhood, caries continue throughout childhood and young adulthood and continue in adults as root surface caries.

Dental caries is a multifactorial disease in which there is an interplay of three principle factors; host (teeth, saliva etc), microflora and substrate (diet). In addition, a fourth factor, time, must be considered. All the factors must be present and must interact with one another for dental caries to develop. The prevalence and incidence of dental caries in a population is influenced by a number of risk factors such as age, sex, ethnic group, dietary patterns and oral hygiene habits.²

Dental caries is the most prevalent disease among children in the global scenario. A review of data from the developed countries in the past 25 years revealed a decreasing trend in the levels of dental caries. This has been reported due to the implementation of preventive strategies against dental caries.³ The scenario in India is no different from other developing countries. Available literature of 1940 to 1960, the prevalence of dental caries in India showed a varied picture i.e. caries being very high in some areas and low in some areas. In spite of conflicting reports, it has been observed that during 1940 the prevalence of dental caries in India was 55.5%, during 1960 it was reported to be 68%. Several studies undertaken in different parts of the country showed that dental caries has been consistently increasing in its prevalence and severity.⁴ Due to lack of baseline data, it is virtually impossible to establish the exact situation regarding prevalence of dental caries in India.

Studies reported in Indian children reported varied prevalence of dental caries.^{3,4} Hence an attempt was done to assess the prevalence of dental caries, treatment needs and oral hygiene practices among school children of Sulliatluk. It will also help to provide baseline data on prevalence of dental caries among 5, 12 and 15 year old school children of Sullia taluk, Karnataka.

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II. MATERIALS AND METHODS

A cross-sectional study was conducted to evaluate the prevalence of dental caries and treatment needs among 5, 12 and 15 year old school children of Sulliatulak, Dakshina Kannada district, Karnataka.

Public education in Sullia is mostly served by government bodies. From each selected school, 600 children of 5, 12 and 15 year aged children were selected using systematic random sampling. A total of 1800 school children were included in this study. Subjects with mixed dentition and those with acute infections of the oral cavity were excluded from the study.

A specially designed proforma which consisted of two parts was used. The first part had demographic information, which was retrieved from school records and through interviews with the children. Information was also collected on children's oral hygiene practices including regularity of cleaning the teeth, aids and agents used for this purpose and also frequency of brushing. The second part consisted of clinical examination for dental caries and treatment needs as described by WHO (1997) for oral health surveys.⁵ Caries was examined under natural day light using mouth mirrors and CPI probes. In children of 5 year age group, dft index was recorded, while for 12 and 15 year age children DMFT was recorded. Intra-examiner reliability was assessed using Kappa coefficient which was 0.90 suggesting an excellent agreement.

III. STATISTICAL ANALYSIS

All the analysis was done using SPSS 14 version (SPSS Inc, Chicago, IL, USA). A p-value of <0.05 was considered statistically significant. Chi-square test was used to compare the proportions between the groups. Student's t test was used to compare the dft/DMFT score between male and females.

IV. RESULTS

A total of 1800 school children constituted the final sample in the study. Each age group consists of 600 children combining both males and females (Table 1). Among 5, 12 and 15 year age group, majority of the children used toothbrush as the method to maintain oral hygiene both in male as well as females. A minor proportion of children also used finger as an aid to maintain oral hygiene. Almost 2/3rd of the children used toothpaste and 1/3rd used tooth powder in 5, 12 and 15 year male and female children. A small proportion of children in 5, 12 and 15 year children used indigenous materials like salt, charcoal and or brick powder as dentifrice (Table 2).

Caries was compared in 5, 12 and 15 year old children with respect to type of oral hygiene aids and dentifrices. In 5 year age group children, there was no

significant difference in the caries experience and type of oral hygiene aid ($p=0.272$) or dentifrice used ($p=0.597$). In 12 year age group children, more than 2/3rd of the toothbrush and half of the finger users were caries free ($p=0.006$). Almost 2/3rd of the toothpaste and more than half of the toothpowder users were caries free ($p<0.001$). In 15 year age group children, nearly 2/3rd of the toothbrush and nearly half of the finger users were caries free ($p=0.05$). Almost 2/3rd of the toothpaste and more than half of the toothpowder users were caries free ($p<0.001$) (Table 3).

There was no significant difference in the mean dft score between males and females of 5 year age group ($p=0.452$). In 12 and 15 year age group, there was no significant difference in the mean DMFT score between males and females ($p=0.249$ and $p=0.742$ respectively) (Table 4)

In 5, 12 and 15 year age group, 2/3rd of the males and females required no specific treatment as assessed by the treatment needs described by WHO in 1997. Preventive care was needed in almost 3-5% of the children while Sealant was required by 4-6.5% children. Major treatment need in all the age groups was one surface filling which was in the range of 17 - 26%. This was followed by the need for 2 or more surface fillings (8 -14%). The need for pulp care was in the range of 7-12%. The least required form of treatment was crown/ veneer/ other care (Table 5).

V. DISCUSSION

The present study showed that majority used tooth brush and tooth paste as the commonly used oral hygiene aids and materials. These findings were similar to the other studies conducted by Retnakumari N (1999)³, Sarvanan S et al., (2003)⁶, Okeigbemen (2004)⁷, David et al., (2005)⁸.

The prevalence of dental caries in the present study was 32.6% among tooth brush users. This was similar to the findings reported by Misra and Shee (1979)⁹ and Sarvanan et al., (2003)⁶. This may be attributed to the fact that tooth brush is more effective for removal of plaque from the tooth surface. The low prevalence of dental caries in tooth brush users may be due to the fact that the bristles of a tooth brush could reach and clean those inaccessible areas of oral cavity that might not be accessible to the finger and other materials.

In the present study regarding the use of tooth paste, tooth powder and other materials like salt, charcoal, ash, etc., it was observed that the percentage of caries affected children was high in subjects who used other materials when compared to tooth paste and tooth powder users. The findings were similar to the studies conducted by Kapoor AK et al., (1980)¹⁰, Sarvanan S et al., (2003)⁶. The high prevalence of dental caries who use these indigent oral hygiene aids could

be attributed to the fact that they were applied with finger which might not permit them to clean the inaccessible areas of the oral cavity. It might also be possible that dentifrices deliver active ingredients like fluoride which lead to effective plaque control and prevention of caries.

In the present study the prevalence of dental caries among the study population was 33.6%. The prevalence of caries increased from 5 years to 15 years age group. This finding was similar to the studies conducted by Dutta^A (1965)¹¹, Tewari^A et al., (1977)¹², Megaset al., (1989)¹³, Rodrigues et al., (1998)¹⁴. This might be attributed to the fact that as age advances, the teeth were exposed to the cariogenic challenges more often. Increased pattern of sugar consumption, availability of sugar products at schools, urbanization, socio-economic circumstances, availability of dental services, dental service utilization are some factors which could have concomitant role in increased prevalence of dental caries.

The mean dft/DMFT was found to be similar in females and males among 5, 12 and 15 year age group. The finding was contrary to the studies conducted by Dutta (1965)¹¹, Wright et al., (1989)¹⁵, Megaset al., (1989)¹³, David et al., (2005)⁸.

In the present study it was observed that needs for different forms of dental treatment were single surface restoration were in utmost need followed by two or more surface restorations. This study goes which in accordance with the study conducted by Mosha HJ et al., (1994)¹⁶, Rodrigues and Damle SG (1998)¹⁴, Sarvanan S et al., (2003)⁶, Kulkarni and Deshpande (2002)¹⁷.

Our study provided baseline data for dental caries and treatment needs in Sulliaschool children. Within the limits of this study, we could conclude that the dental caries was high in this area. Healthier children are more likely to attend school, and modest improvements in schooling will allow for the continuation of education. Hence, authorities should consider this data and should plan appropriate action strategy to decrease the overall prevalence and unmet treatment need among this target group along with other prevailing general health problems. Oral health promotional activities like use of topical fluoride, teaching and reinforcing appropriate brushing technique and frequency of brushing, demonstrating plaque using disclosing agents, decreasing the availability of sugar/sweetened food in the school premises and promotion of sugar free (tooth-friendly sweets) should be reinforced and recommended. The cultural habit of cleaning teeth at least once a day is an important cultural infrastructure that can be made use for oral health promotion by showing the right way of brushing and cleaning teeth. High literacy rate in this area could be helpful in implementing health education for children and adults (parents and teachers) which might help in modification

of risk behavior. Comprehensive school health programs can cause a dramatic "ripple effect", resulting in changes in attitudes, knowledge and behavior. Schools that provide health services and education not only benefit school-aged children, but also the entire community. School children can act as messengers for other out-of-school children and members of their communities to communicate better practices in hygiene and overall health. Incorporating oral health in general health education can be much more useful. Usage of topical fluoride might not be appropriate as the study area comes under endemic fluoride belts of India. Dental schools in the study area could also be used to decrease the overall unmet needs among children along with promotion of oral health.

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Table 1

Age group	Male N (%)	Female N (%)
5	298 (49.7)	302 (50.3)
12	304 (50.7)	296 (49.3)
15	301 (50.2)	299 (49.8)
Total	903 (50.2)	897 (49.8)

Table 2

Age group	Oral hygiene aids	Male N(%)	Female N(%)
5	Tooth brush	251 (84.2)	254 (84.1)
	Finger	47 (15.8)	48 (15.9)
12	Tooth brush	270 (88.8)	273 (92.2)
	Finger	34 (11.2)	23 (7.8)
15	Tooth brush	291 (96.7)	287 (96.0)
	Finger	9 (3.0)	12 (4.0)
	Any other	1 (0.3)	-
5	Tooth paste	192 (64.4)	206 (68.2)
	Tooth powder	99 (33.2)	89 (29.5)
12	Tooth paste	206 (67.8)	214 (72.3)

15	Tooth powder	89 (29.3)	79 (26.7)
	Any other	9 (3.0)	3 (1.0)
	Tooth paste	218 (72.4)	238 (79.6)
	Tooth powder	79 (26.2)	52 (17.4)
	Any other	4 (1.3)	9 (3.0)

Table 3

Age	Method	Caries		p-value	Dentifrice	Caries		p-value
		Experienced	Free			Experienced	Free	
5	Tooth brush	152 (30.1)	353 (69.9)	0.272	Tooth paste	118 (29.6)	280 (70.4)	0.597
	Finger	34 (35.8)	61 (64.2)		Tooth powder	63 (33.5)	125 (66.5)	
	Others	-	-		Others	5 (35.7)	9 (64.3)	
12	Tooth brush	169 (31.1)	374 (68.9)	0.006	Tooth paste	122 (29.0)	298 (71.0)	<0.001
	Finger	28 (49.1)	29 (50.9)		Tooth powder	66 (39.3)	102 (60.7)	
	Others	-	-		Others	9 (75.0)	3 (25.0)	
15	Tooth brush	209 (36.2)	369 (63.8)	0.05	Tooth paste	148 (32.5)	308 (67.5)	<0.001
	Finger	12 (57.1)	9 (42.9)		Tooth powder	64 (48.9)	67 (51.1)	
	Others	1(100)	-		Others	10 (76.9)	3 (23.1)	

Table 4

Age	Sex	N	Mean \pm SD dft / DMFT	p-value
5	M	298	0.74 \pm 1.66	0.452
	F	302	0.65 \pm 1.24	

12	M	304	0.46 ± 0.84	0.249
	F	296	0.54 ± 0.86	
15	M	301	0.68 ± 1.07	0.742
	F	299	0.71 ± 1.16	





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Enhancing the smile with botox- Case Report

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Abstract- Introduction: The psychological stress due to gummy smile could be the key reason to seek orthodontic treatment. Botox has shown to be most effective and minimally invasive technique to correct the gummy smile which is caused due to short upper lip. This case report was done to show its clinical changes in the correction of gummy smile.

Methods: Three patients received BTX-A injection and the patients were clinically evaluated one week, two and three weeks post operatively with changes documented in the photographs.

Results: After four weeks, results were definitely observed with a decrease from 8 mm gingival exposure to 3 mm.

Conclusion: The use of Botox is a conservative treatment in patient with short upper lip and gummy smile. However the improvement is temporary and must be repeated every six months to one year.

Keywords: gummy smile, short upper lip, botox.

GJMR-J Classification : NLMC Code: WU 600



ENHANCING THE SMILE WITH BOTOX - CASE REPORT

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Enhancing the smile with botox- Case Report

Dr. Vivek Amin ^α, Dr. Vishal Amin ^σ, Dr. Swathi ^ρ, Dr. Ali Jabir ^ω & Dr. Praveena Shetty [¥]

Abstract- Introduction: The psychological stress due to gummy smile could be the key reason to seek orthodontic treatment. Botox has shown to be most effective and minimally invasive technique to correct the gummy smile which is caused due to short upper lip. This case report was done to show its clinical changes in the correction of gummy smile.

Methods: Three patients received BTX-A injection and the patients were clinically evaluated one week, two and three weeks post operatively with changes documented in the photographs.

Results: After four weeks, results were definitely observed with a decrease from 8 mm gingival exposure to 3 mm.

Conclusion: The use of Botox is a conservative treatment in patient with short upper lip and gummy smile. However the improvement is temporary and must be repeated every six months to one year.

Keywords: gummy smile, short upper lip, botox.

I. INTRODUCTION

Smiling is the most powerful communication and people with attractive smile radiate warmth that draws others to them instantly. Unattractive smile due to short upper lip and excessive gingival exposure can be self-conscious or even psychologically affected and hence could be the main reason to seek orthodontic intervention.

In many instances, orthodontist may fail to correct gummy smile without surgical procedures like lefort 1 osteotomy, crown lengthening and myectomy to muscle resection¹. The goal of an orthodontist is to attempt a non-surgical and minimally invasive treatment. Three patients between the age group of 17 to 21 years visited the department of orthodontics and dentofacial orthopaedics, Yenepoya University with the chief complaint of excessive gummy smile. On examination one patient had a short upper lip with normal maxilla

and other two had short upper lip with vertical maxillary excess, but were not willing for surgery.

At the beginning of the treatment extra-oral smiling photographs were taken. Patients were then referred to the Department of Dermatology of the same university and Botox allergic test was done in each individual prior to Botox injection. Botulinum toxin type A (BTX-A) was diluted by adding 4.0ml of 0.9% normal saline solution without preservatives to 100 U of vacuum - dried C botulinum type A neurotoxin complex, according to the manufactures dilution technique. This resulted in a 2.5 U/0.1 ml dose. 1.25U per side was injected in both the right and left levator labii superioris and levator labii superioris alaeque nasi muscle (LLS) and an additional 1.25 U per side at the overlap areas of the levator labii superioris and zygomaticus minor muscles (LLS/ZM). Aspiration before BTX-A, injection was done to avoid involuntary deposition of the toxin into the facial arteries (figure 1,2). The patients were clinically evaluated 1 week, 2 weeks and 4 weeks post operatively.

II. RESULTS

The results of this clinical trial were analysed both by clinical evaluation of gummy smile and with pre and postoperative photographs. The following measurements (called A,B and C) were recorded: A: RP1 to superior border of upper lip vermilion; B: RP1 to inferior border of upper lip vermilion; and C: inferior border of upper lip vermilion border to junction of the gingiva with maxillary right central incisor crown along its own midline (figure 3).

All patients began to show improvement approximately 15 days after the injections (figure 4 -9). After 4 weeks results were definitely observed with a decrease from 8 mm gingival exposure to 3 mm, which was considered as normal gingival display for an adult during smiling.

III. DISCUSSION

The surgical correction of the short upper lip and gummy smile by gingivectomy was an alternative treatment but they are not routinely used to treat hyper functional upper lip elevator muscle. LeFort I osteotomy with superior impaction is most commonly adopted to treat skeletal vertical maxillary excess and the most common limitation of this procedure is the congestion of nasal air way function². We could avoid extensive surgical procedures and its side effects with the use of Botox.

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Botox injection is an excellent treatment modality in achieving a pleasing smile. A satisfactory result was achieved in all cases and in turn it boosted their self-confidence and social acceptance.

Rubin et al³ concluded that the levator labii superioris, the zygomaticus minor and superior fibres of buccinators muscles under the nasolabial fold are responsible for the production of a full smile. Pessa⁴ indicated that levator labii superioris alaeque nasi was responsible for the formation of medial portion of the fold and minimally responsible for the elevation of upper lip and smile formation and he also found that zygomaticus major and minor are responsible for smiling. The ability of BTX-A to produce muscle paralysis by chemodenervation has been utilized to treat our patient with hyper active upper lips. We achieved a reduction of gingival exposure from 8 mm to 3 mm in all our cases. According to Sarver⁵, a slight amount of gingival exposure is acceptable and that contrary to posed smile, an unposed smile is natural in that it expresses authentic human emotion.

IV. CONCLUSION

It's the time to broaden the horizon of our profession. The use of Botox is effective, minimally invasive, conservative treatment in patient with short upper lip and gummy smile. However the improvement is temporary and must be repeated every six months to one year.

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display on smiling (gummy smile). Am J Orthod Dentofacial Orthop 2008;133:195-203.

Figure and Figure Legend



Figure 1



Figure 2

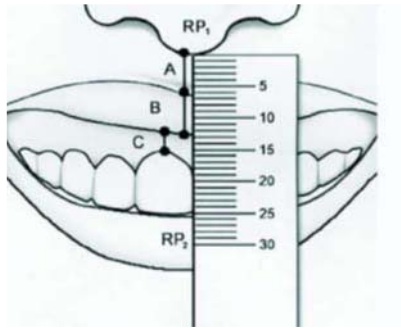


Figure 3

Patients Preand Post Botox Figures



Pre Figure 4



Post Figure 5



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Is your Tooth Cleaner, Clean...???

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Abstract- Toothbrushes get easily contaminated with different microorganisms originating not only from the oral cavity but also from the surroundings in which they are stored. Contaminated toothbrushes might serve as a possible cause in infection or reinfection especially in patients undergoing periodontal treatment. The purpose of the present study was to evaluate and compare the efficacy of five different disinfectant solutions like hydrogen peroxide (3%), Chlorhexidine gluconate (0.2%), essential oil, Saline (9%) and Cetylpyridinium chloride. Sixty dental graduates were randomly assigned as control and experimental groups and were provided with toothbrushes and the disinfectant solution for routine use twice daily for three days. They were instructed to immerse the toothbrush head in the disinfectant solution for five minutes after brushing and the toothbrush was air dried. Toothbrushes were collected from volunteers after three days of use for microbiological analysis.

Keywords: toothbrush, chlorhexidine, cetylpyridium chloride, essential oil, hydrogen peroxide.

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Is your Tooth Cleaner, Clean...???

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Abstract- Toothbrushes get easily contaminated with different microorganisms originating not only from the oral cavity but also from the surroundings in which they are stored. Contaminated toothbrushes might serve as a possible cause in infection or reinfection especially in patients undergoing periodontal treatment. The purpose of the present study was to evaluate and compare the efficacy of five different disinfectant solutions like hydrogen peroxide (3%), Chlorhexidine gluconate (0.2%), essential oil, Saline (9%) and Cetylpyridinium chloride. Sixty dental graduates were randomly assigned as control and experimental groups and were provided with toothbrushes and the disinfectant solution for routine use twice daily for three days. They were instructed to immerse the toothbrush head in the disinfectant solution for five minutes after brushing and the toothbrush was air dried. Toothbrushes were collected from volunteers after three days of use for microbiological analysis. 3% Hydrogen peroxide (MD= -2.02, $p < 0.001$), mouthwash containing 0.2% chlorhexidine gluconate (MD= -1.79, $P < 0.001$) and mouthwash containing essential oils (MD= -1.51, $P < 0.008$) gave a significantly lower CFUs score whereas saline and cetylpyridinium chloride mouthwash failed to produce a significant difference in the number of CFUs when compared with that of water. The present study shows that using 3% H₂O₂ in 1:1 dilution for disinfecting toothbrush after brushing is the most effective method followed by mouthwashes containing .2% chlorhexidine gluconate and essential oils respectively.

Keywords: toothbrush, chlorhexidine, cetylpyridinium chloride, essential oil, hydrogen peroxide.

I. INTRODUCTION

Oral hygiene is the practice of keeping the mouth and teeth clean to prevent dental problems like, dental caries, gingivitis, periodontitis and bad breath¹. Tooth brushing, tongue cleaning, flossing, mouth rinsing with disinfectant mouth washes are some of the methods for maintaining oral hygiene. Tooth brushing is the most effective and

commonly used method among them. Along with the brushing methods, disinfection of toothbrush is also equally important for maintenance of health of oral tissues¹.

Toothbrushes often become contaminated with microorganisms which originate not only from oral cavity but also from environment in which they are stored^{2,3,4}. Wet environment of bathroom, dispersed aerosols from toilet flushing and contaminated finger contact contribute to toothbrush contamination.

Several families generally store their toothbrushes in a common container which can lead to cross-infection. There is a possibility of re-infection when the individual uses the contaminated toothbrush. In 1920, Cobb was the first investigator to report the recurrence of infection in mouth in patient using contaminated toothbrush. When patient was advised to soak the toothbrush in alcohol before and after using it patient recovered from disease⁵.

Glass and Shapiro⁶ observed that changing the toothbrush at short intervals, helped patient achieve elimination of inflammatory disease symptoms, suggestive that toothbrush acted as a reservoir for microorganisms capable of producing diseases. Few studies have also reported chances of bacteremia and other systemic problems due to the use of contaminated toothbrush⁷.

There is a need of disinfection of toothbrush, which can be done by methods which acts rapidly, cost-effective, non-toxic and which can be easily implemented. Various methods for toothbrush disinfection have been listed in literature like immersion in antimicrobial solution, use of anti-bacterial tufted toothbrushes, UV sterilization etc⁸. Based on this, the present study was done to compare the efficiency of different antimicrobial solutions for disinfection of toothbrush.

II. MATERIALS AND METHODS

The present study was done in Manipal College of Dental Sciences, Manipal. Permission from ethical committees of Manipal College of Dental Sciences and Kasturba Medical College, Manipal were taken. A total of sixty (volunteers) dental graduates aged in the range of 22- 27 years were selected for the study. They were explained verbally about the study and they were provided with subject information sheet to them for delivering complete information regarding the study in a

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language they could easily understand (Kannada or English). Written consent and contact information was collected from the volunteers. It was ensured that the selected volunteers are not taking any antimicrobial substances or antibiotics. Following this a routine dental checkup and oral prophylaxis was performed on the selected volunteers and plaque & gingival scores were brought down to zero.

Five antimicrobial mouth rinses containing different active compounds namely 0.9% saline, 3% hydrogen peroxide, mouthwash 0.2% Chlorhexidine gluconate, essential oils and Cetylpyridinium chloride along with tap water as control were selected to conduct the study.

For purpose of standardization, same brand of toothbrush (Colgate, medium hard) and toothpaste (Colgate) were provided to all the volunteers. Toothbrushes were labeled as T1-T10 (Tap water-control), T11 – T20 (3% Hydrogen peroxide), T21 –T30 (0.9 % Saline), T31- T40 (0.2% Chlorhexidine gluconate), T41 –T50 (essential oils), T51- T60 (Cetylpyridinium chloride). The first group of ten volunteers were asked to brush using the standard modified bass technique for 3 min, twice daily for three days using the toothbrush and toothpaste provided to them. Following which they were instructed to rinse their brushes under tap water for 20 seconds, shake and leave the toothbrush to air dry in bathroom. In the same manner remaining five groups with ten subjects were asked to rinse their brushes under tap water for 20 seconds, shake well and keep the toothbrush in 3% hydrogen peroxide, 0.9% saline, 0.2% Chlorhexidine gluconate, essential oils and cetylpyridinium chloride containing mouthwashes respectively for 10 minutes. The tooth brush head was completely immersed in the disinfectant. A small sterile white bottle was provided to volunteers to put the disinfectant and to immerse brush head in disinfectant. Volunteers belonging to 3% hydrogen peroxide, 0.9% saline, 0.2% Chlorhexidine gluconate, essential oils and cetylpyridinium chloride mouthwashes groups were asked to dip the brush head in 1:1 dilution of the solution respectively. After ten minutes of immersion in disinfectant solution, volunteers were instructed to take out the toothbrush head from it and shake it once to remove the excess disinfectant solution. After this, volunteers were asked to keep their toothbrushes erect with its head facing upwards and left it for drying. Volunteers were given reminders for all the three days to follow the post-brushing instructions with the help of text messages in morning and at night.

Volunteers were asked to return the toothbrush after three days. Toothbrushes were collected from the volunteers, placed in a sterile box and transported within an hour to the laboratory for microbiological analysis.

For the microbiological analysis, back and handle of each toothbrush was disinfected with cotton

soaked in 70% isopropyl alcohol (spirit), following which each toothbrush head (pre labeled as T1 to T60) was immersed in separate 10 ml of thioglycolate broth solution bottles and shaken for 2 minutes to transfer the microbial content present on bristle surface to the broth solution.

Each broth solution was subjected to vortexing for 3 minutes, following which 1:10 and 1:100 dilutions were made for each broth solution in small vials using preset standard pipettes. Dilutions were labeled as T1-1:10 and T1-1:100 and same for remaining broth solutions till T60 -1:10 to T60-1: 100. After this, freeze dried blood agar plates were taken and labeled for example as follows, T1 undiluted, T1-1:10 dilution and T1-1:100 dilutions corresponding to each broth solution and its respective dilutions. Same was done for the remaining 59 broth solutions and their dilutions till T60 undiluted, T60-1:10 dilution and T60-1:100 dilutions.

With the help of sterilized end of inoculation loop, sub culturing (spreading) of individual pre labeled blood agar plates was done using 10 μ l of its corresponding solution. The inoculated plates were then incubated at 37C for the next 48 hrs. At the end of 48 hrs, blood agar plates were recovered from incubator for microbial counting.

III. RESULTS

Sixty volunteers between the age group of 22 to 27 years (mean age=?) participated in this study. The toothbrushes were labeled and subjected to microbial analysis after twice daily use for three days to determine the total number of CFUs. The mean log CFU and standard deviation after treatment with six different solutions used to disinfect toothbrushes is presented in Table 1. The mean difference in the log CFUs among the six groups was analyzed using ANOVA and they were significantly different ($P < 0.001$). 3 % Hydrogen peroxide (4.24 ± 1.0) produced the lowest number of CFUs among all the six groups followed by mouthwashes containing 0.2 % Chlorhexidine gluconate (4.47 ± 1.7) and essential oils (4.75 ± 1.2) respectively.

Dunnett post hoc analysis was performed among the six respective groups with the group using water as the control is presented in Table 2. 3 % Hydrogen peroxide (MD= -2.02, $p < 0.001$), 0.2% chlorhexidine gluconate mouthwash (MD= -1.79, $P < 0.001$) and essential oils mouthwash (MD= -1.51, $P < 0.008$) gave a significantly lower CFUs score when compared with water as the disinfectant. Saline and cetylpyridinium chloride containing mouthwash failed to produce a significant difference in the number of CFUs when compared with that of water.

IV. DISCUSSION

Overview of the literature suggests that contamination of toothbrush and its role in transmission of oral and systemic disease^{7,10,11}. Several studies

Table 1 : Mean and standard deviation of the microbial counts in log CFU for various solutions used for disinfecting tooth brush after brushing

Disinfectant groups	Number of cases	Mean \pm SD (Log CFU) ^a	Range (Log CFU)		P value ^b
			Minimum	Maximum	
Water	10	6.27 \pm 0.8	4.9	7.6	0.001*
3% H ₂ O ₂	10	4.24 \pm 1.0	3.0	4.2	
.9% Saline	10	6.13 \pm 0.7	4.8	6.9	
.2% Chlorhexidinegluconate mouthwash	10	4.47 \pm 1.7	3.0	6.9	
Essential oils mouthwash	10	4.75 \pm 1.2	3.0	7.0	
Cetylpyridinium chloride mouthwash	10	5.48 \pm 1.0	3.0	6.8	

(a-log transformed, b- one way ANOVA, *- p value <0.05)

conducted in past used different disinfection techniques like UV radiation^{8,9}, microwave irradiation¹², boiling water, chemical agents¹³ like hydrogen peroxide, cetylpyridinium chloride, chlorhexidine, etc., had shown reduction in microbial count on toothbrush bristles suggesting need for toothbrush disinfection. The present study was undertaken to analyze the disinfection property of five different antimicrobial solutions (saline 0.9%, hydrogen peroxide 3%, 0.2% Chlorhexidinegluconate, essential oils and Cetylpyridinium chloride containing mouthwashes) and tap water as control. Sixty volunteers with average age ranging from 22 to 27 years were randomly assigned one of the six groups with ten subjects in each. Volunteers were asked to brush twice daily for three days and follow the post brushing disinfection instructions given to them. At the end of three days used toothbrushes were collected and sent for microbiological analysis.

Hydrogen peroxide showed maximum reduction in microbial count (MD= -2.02, p<0.001). This result agrees with the finding of a study done Sogi et al¹⁴. The antimicrobial activity of hydrogen peroxide is based on release of nascent oxygen and its effervescence removes the debris from otherwise inaccessible regions¹⁵.

Chlorhexidinegluconate that was used as disinfectant showed next least microbial count (MD= -1.79, P<0.001). Chlorhexidine destroys the integrity of cell membrane, penetrates the cell and precipitates the cytoplasmic proteins leading to bacterial cell destruction. It acts mainly against gram positive organisms, some gram negative bacteria and fungi¹⁶.

Essential oils containing mouthwash (MD= -1.51, P<0.008) showed comparable results with that of chlorhexidinegluconate. Essential oils cause bacterial cell wall destruction, their enzymatic inhibition and extraction of bacterial polysaccharide¹⁷. Volunteers in group six which used cetylpyridinium chloride containing mouthwash as disinfectant showed reduction in microbial count but much less in comparison with other three groups. A similar result was obtained in previous study conducted by Meier S et al 1996 using cetylpyridinium chloride spray as disinfectant for toothbrushes¹⁸. It was observed that the brushes of volunteers in group 3 using 0.9% saline and group 1 using tap water showed maximum microbial count on toothbrush bristles suggesting these two as least effective method for toothbrush disinfection. Similar results were also obtained in previous studies^{19,20}.

The present study used a wide range of disinfectant solutions that are commercially available and compared it with the routine use of tap water for cleaning toothbrush. Results suggest the use of disinfectant to be beneficial in reducing the microbial count. The study design incorporated the use of toothbrush disinfectant twice daily for three days to correlate it with the lifestyle pattern of individuals to obtain effective results. Further qualitative in vivo studies using disinfectant methods that are economical, non-toxic and easy to use can be done.

Table 2 : Post hoc analysis of various disinfecting agents with water as the control

Post hoc comparisons °		Mean Difference	P value	Effectiveness	Confidence interval	
					lower	upper
3% H ₂ O ₂	Control	-2.02	0.001*	H2O2>Water*	-3.22	-0.82
.9% Saline	Control	-0.13	0.99	Saline = Water	-1.33	1.06
.2% ChlorhexidineGluconate mouthwash	Control	-1.79	0.001*	Hexidine > water*	-2.99	-0.59
Essential oils mouthwash	Control	-1.51	0.008*	Listerine > Water*	-2.71	-0.32
Cetylpyridinium chloride mouthwash	Control	-0.78	0.30	Colgate Plax = water	-1.98	0.40

* . The mean difference is significant at the 0.05 level, c-Duunnett test Dunnett test



Figure 1 : Picture showing microbial colonies on red blood agar plates of samples collected from group 1(Tap water),group (.2 % Chlorhexidine gluconate) and group (3% Hydrogen peroxide) respectively

V. CONCLUSION

The present study shows that use of 3% hydrogen peroxide to disinfect toothbrush is one the most effective methods to decontaminate it followed by using mouthwashes containing 0.2% chlorhexidinegluconate and essential oils as disinfectants.

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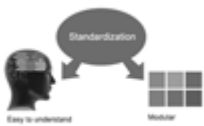
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13. Have backups: When you are going to do any important thing like making research paper, you should always have backup copies of it either in your computer or in paper. This will help you to not to lose any of your important.

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15. Use of direct quotes: When you do research relevant to literature, history or current affairs then use of quotes become essential but if study is relevant to science then use of quotes is not preferable.

16. Use proper verb tense: Use proper verb tenses in your paper. Use past tense, to present those events that happened. Use present tense to indicate events that are going on. Use future tense to indicate future happening events. Use of improper and wrong tenses will confuse the evaluator. Avoid the sentences that are incomplete.

17. Never use online paper: If you are getting any paper on Internet, then never use it as your research paper because it might be possible that evaluator has already seen it or maybe it is outdated version.

18. Pick a good study spot: To do your research studies always try to pick a spot, which is quiet. Every spot is not for studies. Spot that suits you choose it and proceed further.

19. Know what you know: Always try to know, what you know by making objectives. Else, you will be confused and cannot achieve your target.

20. Use good quality grammar: Always use a good quality grammar and use words that will throw positive impact on evaluator. Use of good quality grammar does not mean to use tough words, that for each word the evaluator has to go through dictionary. Do not start sentence with a conjunction. Do not fragment sentences. Eliminate one-word sentences. Ignore passive voice. Do not ever use a big word when a diminutive one would suffice. Verbs have to be in agreement with their subjects. Prepositions are not expressions to finish sentences with. It is incorrect to ever divide an infinitive. Avoid clichés like the disease. Also, always shun irritating alliteration. Use language that is simple and straight forward. put together a neat summary.

21. Arrangement of information: Each section of the main body should start with an opening sentence and there should be a changeover at the end of the section. Give only valid and powerful arguments to your topic. You may also maintain your arguments with records.

22. Never start in last minute: Always start at right time and give enough time to research work. Leaving everything to the last minute will degrade your paper and spoil your work.

23. Multitasking in research is not good: Doing several things at the same time proves bad habit in case of research activity. Research is an area, where everything has a particular time slot. Divide your research work in parts and do particular part in particular time slot.

24. Never copy others' work: Never copy others' work and give it your name because if evaluator has seen it anywhere you will be in trouble.

25. Take proper rest and food: No matter how many hours you spend for your research activity, if you are not taking care of your health then all your efforts will be in vain. For a quality research, study is must, and this can be done by taking proper rest and food.

26. Go for seminars: Attend seminars if the topic is relevant to your research area. Utilize all your resources.



27. Refresh your mind after intervals: Try to give rest to your mind by listening to soft music or by sleeping in intervals. This will also improve your memory.

28. Make colleagues: Always try to make colleagues. No matter how sharper or intelligent you are, if you make colleagues you can have several ideas, which will be helpful for your research.

29. Think technically: Always think technically. If anything happens, then search its reasons, its benefits, and demerits.

30. Think and then print: When you will go to print your paper, notice that tables are not be split, headings are not detached from their descriptions, and page sequence is maintained.

31. Adding unnecessary information: Do not add unnecessary information, like, I have used MS Excel to draw graph. Do not add irrelevant and inappropriate material. These all will create superfluous. Foreign terminology and phrases are not apropos. One should NEVER take a broad view. Analogy in script is like feathers on a snake. Not at all use a large word when a very small one would be sufficient. Use words properly, regardless of how others use them. Remove quotations. Puns are for kids, not grunt readers. Amplification is a billion times of inferior quality than sarcasm.

32. Never oversimplify everything: To add material in your research paper, never go for oversimplification. This will definitely irritate the evaluator. Be more or less specific. Also too, by no means, ever use rhythmic redundancies. Contractions aren't essential and shouldn't be there used. Comparisons are as terrible as clichés. Give up ampersands and abbreviations, and so on. Remove commas, that are, not necessary. Parenthetical words however should be together with this in commas. Understatement is all the time the complete best way to put onward earth-shaking thoughts. Give a detailed literary review.

33. Report concluded results: Use concluded results. From raw data, filter the results and then conclude your studies based on measurements and observations taken. Significant figures and appropriate number of decimal places should be used. Parenthetical remarks are prohibitive. Proofread carefully at final stage. In the end give outline to your arguments. Spot out perspectives of further study of this subject. Justify your conclusion by at the bottom of them with sufficient justifications and examples.

34. After conclusion: Once you have concluded your research, the next most important step is to present your findings. Presentation is extremely important as it is the definite medium through which your research is going to be in print to the rest of the crowd. Care should be taken to categorize your thoughts well and present them in a logical and neat manner. A good quality research paper format is essential because it serves to highlight your research paper and bring to light all necessary aspects in your research.

INFORMAL GUIDELINES OF RESEARCH PAPER WRITING

Key points to remember:

- Submit all work in its final form.
- Write your paper in the form, which is presented in the guidelines using the template.
- Please note the criterion for grading the final paper by peer-reviewers.

Final Points:

A purpose of organizing a research paper is to let people to interpret your effort selectively. The journal requires the following sections, submitted in the order listed, each section to start on a new page.

The introduction will be compiled from reference matter and will reflect the design processes or outline of basis that direct you to make study. As you will carry out the process of study, the method and process section will be constructed as like that. The result segment will show related statistics in nearly sequential order and will direct the reviewers next to the similar intellectual paths throughout the data that you took to carry out your study. The discussion section will provide understanding of the data and projections as to the implication of the results. The use of good quality references all through the paper will give the effort trustworthiness by representing an alertness of prior workings.



Writing a research paper is not an easy job no matter how trouble-free the actual research or concept. Practice, excellent preparation, and controlled record keeping are the only means to make straightforward the progression.

General style:

Specific editorial column necessities for compliance of a manuscript will always take over from directions in these general guidelines.

To make a paper clear

- Adhere to recommended page limits

Mistakes to evade

- Insertion a title at the foot of a page with the subsequent text on the next page
- Separating a table/chart or figure - impound each figure/table to a single page
- Submitting a manuscript with pages out of sequence

In every sections of your document

- Use standard writing style including articles ("a", "the," etc.)
- Keep on paying attention on the research topic of the paper
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- Align the primary line of each section
- Present your points in sound order
- Use present tense to report well accepted
- Use past tense to describe specific results
- Shun familiar wording, don't address the reviewer directly, and don't use slang, slang language, or superlatives
- Shun use of extra pictures - include only those figures essential to presenting results

Title Page:

Choose a revealing title. It should be short. It should not have non-standard acronyms or abbreviations. It should not exceed two printed lines. It should include the name(s) and address (es) of all authors.



Abstract:

The summary should be two hundred words or less. It should briefly and clearly explain the key findings reported in the manuscript-- must have precise statistics. It should not have abnormal acronyms or abbreviations. It should be logical in itself. Shun citing references at this point.

An abstract is a brief distinct paragraph summary of finished work or work in development. In a minute or less a reviewer can be taught the foundation behind the study, common approach to the problem, relevant results, and significant conclusions or new questions.

Write your summary when your paper is completed because how can you write the summary of anything which is not yet written? Wealth of terminology is very essential in abstract. Yet, use comprehensive sentences and do not let go readability for briefness. You can maintain it succinct by phrasing sentences so that they provide more than lone rationale. The author can at this moment go straight to shortening the outcome. Sum up the study, with the subsequent elements in any summary. Try to maintain the initial two items to no more than one ruling each.

- Reason of the study - theory, overall issue, purpose
- Fundamental goal
- To the point depiction of the research
- Consequences, including definite statistics - if the consequences are quantitative in nature, account quantitative data; results of any numerical analysis should be reported
- Significant conclusions or questions that track from the research(es)

Approach:

- Single section, and succinct
- As a outline of job done, it is always written in past tense
- A conceptual should situate on its own, and not submit to any other part of the paper such as a form or table
- Center on shortening results - bound background information to a verdict or two, if completely necessary
- What you account in an conceptual must be regular with what you reported in the manuscript
- Exact spelling, clearness of sentences and phrases, and appropriate reporting of quantities (proper units, important statistics) are just as significant in an abstract as they are anywhere else

Introduction:

The **Introduction** should "introduce" the manuscript. The reviewer should be presented with sufficient background information to be capable to comprehend and calculate the purpose of your study without having to submit to other works. The basis for the study should be offered. Give most important references but shun difficult to make a comprehensive appraisal of the topic. In the introduction, describe the problem visibly. If the problem is not acknowledged in a logical, reasonable way, the reviewer will have no attention in your result. Speak in common terms about techniques used to explain the problem, if needed, but do not present any particulars about the protocols here. Following approach can create a valuable beginning:

- Explain the value (significance) of the study
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- Present a justification. Status your particular theory (es) or aim(s), and describe the logic that led you to choose them.
- Very for a short time explain the tentative propose and how it skilled the declared objectives.

Approach:

- Use past tense except for when referring to recognized facts. After all, the manuscript will be submitted after the entire job is done.
- Sort out your thoughts; manufacture one key point with every section. If you make the four points listed above, you will need a least of four paragraphs.



- Present surroundings information only as desirable in order hold up a situation. The reviewer does not desire to read the whole thing you know about a topic.
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This part is supposed to be the easiest to carve if you have good skills. A sound written Procedures segment allows a capable scientist to replacement your results. Present precise information about your supplies. The suppliers and clarity of reagents can be helpful bits of information. Present methods in sequential order but linked methodologies can be grouped as a segment. Be concise when relating the protocols. Attempt for the least amount of information that would permit another capable scientist to spare your outcome but be cautious that vital information is integrated. The use of subheadings is suggested and ought to be synchronized with the results section. When a technique is used that has been well described in another object, mention the specific item describing a way but draw the basic principle while stating the situation. The purpose is to text all particular resources and broad procedures, so that another person may use some or all of the methods in one more study or referee the scientific value of your work. It is not to be a step by step report of the whole thing you did, nor is a methods section a set of orders.

Materials:

- Explain materials individually only if the study is so complex that it saves liberty this way.
- Embrace particular materials, and any tools or provisions that are not frequently found in laboratories.
- Do not take in frequently found.
- If use of a definite type of tools.
- Materials may be reported in a part section or else they may be recognized along with your measures.

Methods:

- Report the method (not particulars of each process that engaged the same methodology)
- Describe the method entirely
- To be succinct, present methods under headings dedicated to specific dealings or groups of measures
- Simplify - details how procedures were completed not how they were exclusively performed on a particular day.
- If well known procedures were used, account the procedure by name, possibly with reference, and that's all.

Approach:

- It is embarrassed or not possible to use vigorous voice when documenting methods with no using first person, which would focus the reviewer's interest on the researcher rather than the job. As a result when script up the methods most authors use third person passive voice.
- Use standard style in this and in every other part of the paper - avoid familiar lists, and use full sentences.

What to keep away from

- Resources and methods are not a set of information.
- Skip all descriptive information and surroundings - save it for the argument.
- Leave out information that is immaterial to a third party.

Results:

The principle of a results segment is to present and demonstrate your conclusion. Create this part a entirely objective details of the outcome, and save all understanding for the discussion.

The page length of this segment is set by the sum and types of data to be reported. Carry on to be to the point, by means of statistics and tables, if suitable, to present consequences most efficiently. You must obviously differentiate material that would usually be incorporated in a study editorial from any unprocessed data or additional appendix matter that would not be available. In fact, such matter should not be submitted at all except requested by the instructor.



Content

- Sum up your conclusion in text and demonstrate them, if suitable, with figures and tables.
- In manuscript, explain each of your consequences, point the reader to remarks that are most appropriate.
- Present a background, such as by describing the question that was addressed by creation an exacting study.
- Explain results of control experiments and comprise remarks that are not accessible in a prescribed figure or table, if appropriate.
- Examine your data, then prepare the analyzed (transformed) data in the form of a figure (graph), table, or in manuscript form.

What to stay away from

- Do not discuss or infer your outcome, report surroundings information, or try to explain anything.
- Not at all, take in raw data or intermediate calculations in a research manuscript.
- Do not present the similar data more than once.
- Manuscript should complement any figures or tables, not duplicate the identical information.
- Never confuse figures with tables - there is a difference.

Approach

- As forever, use past tense when you submit to your results, and put the whole thing in a reasonable order.
- Put figures and tables, appropriately numbered, in order at the end of the report
- If you desire, you may place your figures and tables properly within the text of your results part.

Figures and tables

- If you put figures and tables at the end of the details, make certain that they are visibly distinguished from any attach appendix materials, such as raw facts
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- In spite of position, each table must be titled, numbered one after the other and complete with heading
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The Discussion is expected the trickiest segment to write and describe. A lot of papers submitted for journal are discarded based on problems with the Discussion. There is no head of state for how long a argument should be. Position your understanding of the outcome visibly to lead the reviewer through your conclusions, and then finish the paper with a summing up of the implication of the study. The purpose here is to offer an understanding of your results and hold up for all of your conclusions, using facts from your research and generally accepted information, if suitable. The implication of result should be visibly described. Infer your data in the conversation in suitable depth. This means that when you clarify an observable fact you must explain mechanisms that may account for the observation. If your results vary from your prospect, make clear why that may have happened. If your results agree, then explain the theory that the proof supported. It is never suitable to just state that the data approved with prospect, and let it drop at that.

- Make a decision if each premise is supported, discarded, or if you cannot make a conclusion with assurance. Do not just dismiss a study or part of a study as "uncertain."
- Research papers are not acknowledged if the work is imperfect. Draw what conclusions you can based upon the results that you have, and take care of the study as a finished work
- You may propose future guidelines, such as how the experiment might be personalized to accomplish a new idea.
- Give details all of your remarks as much as possible, focus on mechanisms.
- Make a decision if the tentative design sufficiently addressed the theory, and whether or not it was correctly restricted.
- Try to present substitute explanations if sensible alternatives be present.
- One research will not counter an overall question, so maintain the large picture in mind, where do you go next? The best studies unlock new avenues of study. What questions remain?
- Recommendations for detailed papers will offer supplementary suggestions.

Approach:

- When you refer to information, differentiate data generated by your own studies from available information
- Submit to work done by specific persons (including you) in past tense.
- Submit to generally acknowledged facts and main beliefs in present tense.



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<i>Methods and Procedures</i>	Clear and to the point with well arranged paragraph, precision and accuracy of facts and figures, well organized subheads	Difficult to comprehend with embarrassed text, too much explanation but completed	Incorrect and unorganized structure with hazy meaning
<i>Result</i>	Well organized, Clear and specific, Correct units with precision, correct data, well structuring of paragraph, no grammar and spelling mistake	Complete and embarrassed text, difficult to comprehend	Irregular format with wrong facts and figures
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<i>References</i>	Complete and correct format, well organized	Beside the point, Incomplete	Wrong format and structuring



INDEX

C

Cetylpyridinium · 22, 23, 24, 25
Chemodenevation· 18

G

Gingival· 17, 18, 23

M

Microorganisms · 22, 26

N

Nasopharynx · 1

O

Okeigbemen · 10, 11
Optimum· 1
Oropharynx · 2, 4
Osteotomy· 17

P

Pharynx · 4

R

Rhinomanometry · 2
Robinson · 2, 3

S

Sulliatluk · 9, 10, 11, 12, 15, 16

Z

Zygomaticus · 17, 18



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