

Knowhow/Actions Taken by Parents Regarding Fluoride and Choice of Toothpastes



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INTRODUCTION

In the 20th century, the **World Health Organization** considered a high prevalence of dental caries, in a worldwide level as a public health problem, highlighting the need to implement **preventive** and **therapeutic** measures that would allow the control of this pathology.

In the daily clinical practice we identify a high number of **dental caries lesions** in children allied to the **lack of knowledge** of the legal guardians regarding the cause of them. It was considered convenient to do a scientific investigation to **identify the knowledge and attitudes** of the legal guardians of a group of children towards **fluoride** and **toothpastes**. This study may also be of great value to **preventive dentistry** and give an overview of a subject that continues to be relevant in the present.

OBJECTIVE

Identify the knowledge of the legal guardians regarding fluoride and toothpastes and how that influences their attitudes.

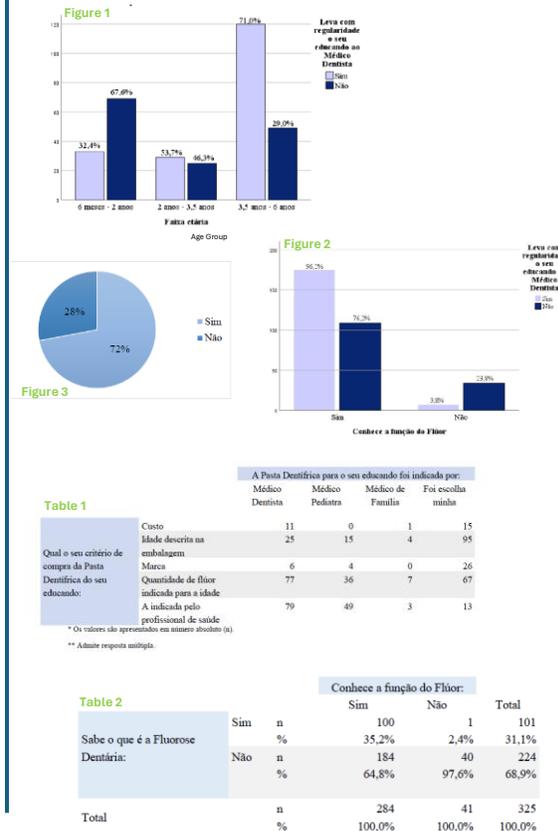
METHODS

- Cross-sectional analytical observational study.
- Application of a questionnaire to 325 legal guardians of children aged between **6 months** and **6 years**, during the months of January to February 2021.
- **Inclusion Criteria:** over 18 years old.
- **Exclusion Criteria:** not acquire toothpaste to do the oral hygiene of their children.
- The study was submitted to the ethic commission of the University Fernando Pessoa and had a positive input.
- Statistical treatment was applied by creating a database and using SPSS

CONCLUSION

The legal guardians despite claiming to have knowledge about fluoride, reveal low understanding of its use in daily practice. The dentistry should **instruct** and **advise** the legal guardians, since the **benefits of fluoride toothpaste** for the prevention of dental caries are clear in the literature. It's of most importance to increase the percentage of the population that has access to oral health care.

RESULTS



DISCUSSION

- 67.6% of the legal guardians of children between the ages of 6 months and 2 years state that they **don't take their student with frequency to the dental visits**, which is against the recommendations by AAPD (2020) (Figure 1). In any case, we verify that in the group of legal guardians that take their students with frequency to the dental visits the **knowledge of the function of fluoride is higher** (Figure 2).
- The study concludes that the most used toothpaste purchasing **criteria** is the **age** shown in the packaging, confirming the findings described in the literature, instead of the age appropriate amount of fluoride (Table 1).
- It was observed that most of those legal guardians (72.0%) put the **amount of toothpaste according to the age of the children**, which demonstrates knowledge and adaptation to oral hygiene routines (Figure 3).
- The present study confirms the literature (Prietto, 2015): most of the **legal guardians** (68.9%) doesn't know what **dental fluorosis** is (Table 2).
- **Study limitations:** due to the constraints imposed by the pandemic situation, the sample was not as heterogeneous and large as desired.

