

**“FACTORS AFFECTING EXTRINSIC TOOTH STAINS AMONG
ADULT POPULATION IN DHARWAD DISTRICT”
- A DESCRIPTIVE STUDY.**

By

Dr. Shreyas Tikare

Dissertation Submitted to the
Rajiv Gandhi University of Health Sciences, Karnataka, Bangalore

In partial fulfillment of the requirements for the degree of

MASTER OF DENTAL SURGERY

In

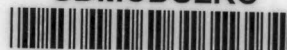
PREVENTIVE AND COMMUNITY DENTISTRY

Under the guidance of
Dr. V. Thippeswamy

Preventive and Community Dentistry
S. D. M. College of Dental Sciences and Hospital,
Dharwad

May 2010

SDMCDSLRC



T-00778

TABLE OF CONTENTS

ABSTRACT

INTRODUCTION: Extrinsic tooth stains are stains which are present superficially on tooth surfaces and is a frequent dental finding associated with clinical and aesthetic problems. Understanding the prevalence and distribution of extrinsic tooth stains and affecting factors can help us develop strategies for intervention to prevent tooth discoloration. **AIM:** To determine factors affecting extrinsic tooth stains among adult population in Dharwad district. **METHODOLOGY:** A cross-sectional survey of 1584 subjects residing in Dharwad district was conducted. A proforma was used to collect information about subjects' socio-demographic characteristics, oral hygiene practices, adverse oral habits, some other habits like chewing gum, tea and coffee consumption, frequency of dental visits and professional cleaning. Extrinsic tooth stains of study subjects were assessed using Lobene's stain index. **RESULTS:** Prevalence extrinsic tooth stains was 94.88%. A total of 14 out of the 30 variables included in the model were found statistically significant in stepwise regression model ($R = .7307024$, $R^2 = .53392602$, Adjusted $R^2 = .53006435$, $F(13,1569) = 138.26$, $p < 0.0000$ Standard Error of estimate: 3.6216) and the model was found to be significant (138.26, $p < 0.0000$). **CONCLUSIONS:** Frequency of tobacco chewing habit, smoking habit and the location were the most prominent factors associated with extrinsic teeth stains. Results suggest that there is potential demand for teeth whitening treatment among adults in Dharwad district. Further studies are necessary for a more detailed understanding of factors leading to extrinsic teeth stains.

Keywords: *Tobacco chewing habit; Teeth discoloration; Lobene's index*