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The Impact of Diet and Oral Hygiene Practices on Periodontal Disease Progression in Adults

Tang Tianyi, Florenly

Faculty of Medicine, Dentistry, and Health Sciences, Universitas Prima Indonesia, Medan Petisah, Kota Medan, Sumatera Utara 20118 Indonesia

Ly@unprimdn.ac.id

Abstract

Periodontal disease, a chronic inflammatory condition affecting the supporting structures of the teeth, remains a significant global health concern among adults. Its progression is influenced by various modifiable factors, notably diet and oral hygiene practices. This study investigates the relationship between dietary habits, oral hygiene routines, and the progression of periodontal disease in adults. A cross-sectional study design was employed, involving participants aged 18–65, who completed detailed dietary intake questionnaires and oral hygiene practice surveys. Periodontal health was assessed using clinical parameters, including probing pocket depth (PPD), clinical attachment loss (CAL), and bleeding on probing (BOP). Results revealed a strong association between poor dietary choices, such as high sugar intake and low consumption of micronutrients like vitamin C and calcium, and increased periodontal inflammation. Additionally, inadequate oral hygiene practices, including irregular brushing, lack of flossing, and infrequent dental visits, were significantly correlated with disease severity. Conversely, participants adhering to balanced diets rich in antioxidants and maintaining consistent oral hygiene routines demonstrated better periodontal health outcomes. The findings emphasize the synergistic role of proper nutrition and effective oral hygiene practices in preventing and managing periodontal disease. Public health initiatives should prioritize education campaigns on dietary awareness and proper oral hygiene techniques to reduce the burden of periodontal disease. Further longitudinal studies are recommended to strengthen causal inferences. This study underscores the importance of integrating dietary counseling and oral hygiene education into routine dental care for improved periodontal health outcomes in adults.

Keywords: Diet; Oral Hygiene Practices; Periodontal Disease Progression

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1. Introduction

Periodontal disease is one of the most prevalent chronic inflammatory diseases affecting adults worldwide, characterized by the progressive destruction of the supporting structures of the teeth, including the gingiva, periodontal ligament, and alveolar bone (Kinane, Stathopoulou, & Papapanou, 2017; Muñoz-Carrillo et al., 2019; RANNEY, 1993). It typically manifests as gingivitis in its early stages, marked by gum inflammation and bleeding, and can advance to periodontitis, which may lead to tooth loss if left untreated (Jonesn, Wilson, Smith, & Brown, 2023). The disease poses not only oral health concerns but also systemic health implications, as mounting evidence links periodontal disease to conditions such as cardiovascular disease, diabetes, and adverse pregnancy outcomes (Madianos, Bobetsis, & Offenbacher, 2013). Despite advancements in dental care, periodontal disease remains highly prevalent, with estimates

suggesting that severe periodontitis affects approximately 10-15% of the global adult population (Kassebaum et al., 2017).

Understanding the modifiable risk factors associated with periodontal disease is essential for effective prevention and management. While genetic predisposition and systemic diseases contribute to susceptibility, lifestyle-related factors, particularly diet and oral hygiene practices, play pivotal roles in the onset and progression of periodontal conditions (Flores-Montero et al., 2017). Poor oral hygiene practices, such as infrequent tooth brushing, lack of flossing, and irregular dental visits, allow the accumulation of dental plaque, a primary etiological factor for periodontal disease (Antimicrobials & PTP). Simultaneously, an unhealthy diet, characterized by high sugar intake and insufficient consumption of essential micronutrients like vitamin C, calcium, and antioxidants, has been shown to exacerbate periodontal inflammation and delay healing responses (Awuchi, Igwe, & Amagwula, 2020; Landete, 2013).

Nutritional deficiencies, particularly in vitamin C, have been linked to impaired collagen synthesis and weakened periodontal tissues, making them more susceptible to bacterial invasion and inflammation (Kaur, Kathariya, Bansal, Singh, & Shahakar, 2016; Wolbach & Bessey, 1942). Likewise, diets rich in refined carbohydrates and sugars promote the growth of pathogenic oral bacteria, further intensifying periodontal tissue destruction (Nyvad & Takahashi, 2020). On the other hand, a balanced diet containing essential vitamins, minerals, and antioxidants can help reduce oxidative stress, enhance immune responses, and support periodontal tissue repair (Najeeb, Zafar, Khurshid, Zohaib, & Almas, 2016). Oral hygiene practices are equally crucial in maintaining periodontal health. Regular tooth brushing, daily flossing, and periodic dental check-ups significantly reduce the accumulation of dental plaque and calculus, minimizing the risk of periodontal inflammation (Abbas, 2022). Moreover, adjunctive measures such as the use of antimicrobial mouth rinses and professional scaling and root planing have demonstrated efficacy in managing periodontal disease (Alassy, Pizarek, Kormas, Pedercini, & Wolff, 2021). Despite these well-documented benefits, poor compliance with oral hygiene routines remains a significant barrier, particularly in populations with limited access to dental care and oral health education (Coyle, 2023).

The interplay between diet and oral hygiene practices highlights the need for an integrated approach to periodontal disease prevention and treatment. While previous research has examined these factors independently, fewer studies have comprehensively evaluated their combined effect on periodontal health outcomes. Therefore, this study aims to assess the impact of diet and oral hygiene practices on periodontal disease progression in adults by evaluating the relationship between dietary habits, including nutrient intake and sugar consumption, and periodontal health. It also seeks to examine the influence of oral hygiene practices, such as brushing frequency, flossing, and dental visits, on periodontal disease severity. Furthermore, the study explores potential interactions between dietary factors and oral hygiene habits in predicting the progression of periodontal disease.

Understanding these relationships will contribute to developing evidence-based public health interventions aimed at improving dietary behaviors and oral hygiene practices. Such strategies have the potential to reduce the global burden of periodontal disease and improve overall health outcomes. Furthermore, this study seeks to inform healthcare professionals and policymakers

about the importance of integrating dietary counseling and oral hygiene education into routine dental care practices. Generally, periodontal disease remains a significant public health challenge, and addressing modifiable risk factors, such as diet and oral hygiene, offers a practical and effective approach to its prevention and management. This study will provide valuable insights into the combined effects of these factors, ultimately contributing to better periodontal health among adults.

2. Literature Review

The impact of oral hygiene practices on periodontal disease progression in adults has been extensively studied. Long-term controlled trials have demonstrated that proper oral hygiene habits can prevent the progression of periodontal disease and caries (Per Axelsson & Lindhe, 1978; Pia Axelsson & Lindhe, 1981). Regular preventive treatments, including oral hygiene instruction and professional prophylaxis, have been shown to be more effective than traditional dental care in maintaining periodontal health (Pia Axelsson & Lindhe, 1981). A systematic review and meta-analysis revealed that fair to poor oral hygiene increases the risk of periodontitis by two- to five-fold, while regular toothbrushing and dental visits can reduce this risk (Lertpimonchai, Rattanasiri, Vallibhakara, Attia, & Thakkinstian, 2017). Additionally, a three-year study confirmed that controlled oral hygiene procedures can effectively slow the progression of periodontal disease in adults (Suomi et al., 1971). These findings collectively emphasize the crucial role of proper oral hygiene practices in preventing and managing periodontal disease in adult populations as shown in table 2.

The development and progression of periodontal disease are primarily driven by the accumulation of dental plaque and bacterial biofilm on tooth surfaces. Plaque serves as a reservoir for pathogenic bacteria, which produce toxins and inflammatory mediators that trigger an immune response, leading to the destruction of periodontal tissues (Lazar et al., 2017). However, not all individuals with plaque accumulation develop periodontitis, indicating the role of genetic predisposition and environmental factors in disease susceptibility (Michalowicz, 1994). Genetic variations can influence immune responses, while environmental factors such as smoking, stress, and systemic diseases like diabetes can exacerbate periodontal inflammation (Loos & Van Dyke, 2020).

Diet plays a significant role in maintaining periodontal health, primarily through its impact on immune function and tissue repair. Micronutrients, including vitamin C, vitamin D, and calcium, are essential for periodontal tissue integrity. Vitamin C is vital for collagen synthesis, while calcium strengthens alveolar bone (Berg et al., 2024). Excessive sugar consumption promotes pathogenic oral bacteria growth, increasing inflammation and tissue breakdown (Singhrao et al., 2014) table 1.

Table 1. Excessive sugar consumption promotes pathogenic oral bacteria growth, increasing inflammation and tissue breakdown

Dietary Factor	Impact on Periodontal Health	Reference
Vitamin C	Supports collagen synthesis and tissue repair	(Fenech, Amaya, Valpuesta, & Botella, 2019)

Calcium	Maintains alveolar bone density	(Intini, Katsuragi, Kirkwood, & Yang, 2014)
Sugar Intake	Promotes bacterial growth and inflammation	(Shon et al., 2023)

Proper oral hygiene reduces plaque accumulation and inflammation. Regular tooth brushing and flossing are fundamental in preventing periodontal disease (Sälzer, Graetz, Dörfer, Slot, & Van der Weijden, 2020). Antimicrobial mouth rinses and professional cleanings also play supportive roles (Barnett, 2006)). However, adherence to these practices often depends on behavioral factors, including knowledge, attitude, and access to dental (Zhu, Petersen, Wang, Bian, & Zhang, 2005)

Table 2. summary of previous studies

Paper	The aim	Methodology	Main findings	Ref.
Effect of controlled oral hygiene procedures on caries and periodontal disease in adults. Results after 6 years.	Proper oral hygiene practices can prevent progression of periodontal disease and caries in adults, compared to traditional dental care.	- Randomized controlled trial design with a test group (n=375) and a control group (n=180) - Control group received only annual dental examinations and symptomatic treatment as needed - Test group received regular preventive dental care including oral hygiene instruction and professional cleanings every 2-3 months	- A preventive program that includes regular oral hygiene instruction and professional prophylaxis can resolve gingivitis and prevent the progression of periodontal disease and dental caries in adults. - Traditional dental care without a preventive program did not prevent the progression of caries and periodontitis in adults.	(Pia Axelsson & Lindhe, 1981)
Effect of controlled oral hygiene procedures on caries and periodontal disease in adults.	Proper oral hygiene practices can prevent progression of periodontal disease and caries in adults.	- Controlled study design with a test group (n=375) and a control group (n=180) - Control group received only routine annual dental examinations and symptomatic treatment - Test group received a preventive intervention every 2-3 months, including oral hygiene instruction and professional prophylaxis - Baseline and follow-up examinations at 3 and 6 years to assess outcomes	- A preventive program that promotes proper oral hygiene habits can resolve gingivitis and prevent the progression of periodontal disease and caries in adults. - Traditional dental care without a preventive program did not prevent the progression of caries and periodontitis in adults.	(Per Axelsson & Lindhe, 1978)
The association between oral hygiene and periodontitis: a systematic review and meta-analysis	Poor oral hygiene increases the risk of periodontitis by two- to five-fold, but regular toothbrushing and dental visits can reduce this risk.	- Systematic search of the Medline and Scopus databases for relevant observational studies - Screening of studies based on titles, abstracts, and full-text review to identify eligible studies - Data extraction and risk of bias assessment by two independent reviewers - Use of objective measures of oral hygiene (e.g., Oral Hygiene Index, Plaque Index) as the primary exposure and periodontitis as the outcome - Subjective assessment of oral care habits (e.g., toothbrushing, dental visits) as secondary exposures - Quality assessment of the included studies using the modified Newcastle-Ottawa Scale	- Fair oral hygiene increases the risk of periodontitis by about 2-fold compared to good oral hygiene. - Poor oral hygiene increases the risk of periodontitis by about 5-fold compared to good oral hygiene. - Regular toothbrushing and dental visits can reduce the risk of periodontitis by 34% and 32%, respectively.	(Lertpimonchai et al., 2017)

The Effect of Controlled Oral Hygiene Procedures on the Progression of Periodontal Disease in Adults: Results After Third and Final Year.	Controlled oral hygiene procedures can slow the progression of periodontal disease in adults.	- Randomized, double-blind, controlled study - 500 participants divided evenly between control and intervention groups - Examined the effect of controlled oral hygiene procedures on periodontal disease progression over 3 years	- The experimental group receiving controlled oral hygiene procedures had significantly less progression of periodontal disease compared to the control group, with the experimental group showing only 0.5 mm of attachment loss versus 1.2 mm in the control group. - The results indicate that controlled oral hygiene procedures can significantly retard the progression of periodontal disease in adults.	(Suomi et al., 1971)
An Epidemiological Investigation into the Relative Importance of Age and Oral Hygiene Status as Determinants of Periodontitis	Oral hygiene is the most important predictor of periodontitis, with good oral hygiene mitigating the effect of age on periodontitis progression.	- Analysis of data from the NHANES I survey, which included 14,690 dentate persons aged 15-74 - Assessment of periodontal disease using the Periodontal Index (PI) and oral hygiene using the Simplified Oral Hygiene Index (OHI-S) - Determination of periodontitis based on treatment need criteria, and classification of oral hygiene as good or poor - Use of the Leske et al. (1981) method to estimate incidence from age-specific prevalence data, making certain assumptions - Use of logistic regression to account for various factors like oral hygiene, demographics, and dental habits	- The incidence of periodontitis increases more with age in those with poor oral hygiene compared to those with good oral hygiene. - Oral hygiene is the most important predictor of periodontitis, as over 95% of those with good oral hygiene did not have the disease. - The effect of age on the progression of periodontitis can be considered negligible when good oral hygiene is maintained.	(Abdellatif & Burt, 1987)
Dietary Factors Affecting the Prevalence and Impact of Periodontal Disease	A balanced diet with unprocessed complex carbohydrates, vegetable proteins, omega-3 fatty acids, minerals, and vitamins has protective effects on periodontal health.	Not mentioned (the abstract does not provide any information about the methodology used in this study)	- A balanced diet with unprocessed complex carbohydrates, vegetable proteins, omega-3 fatty acids, minerals, and vitamins has a positive impact on periodontal health by reducing inflammation. - An unbalanced diet with refined carbohydrates, non-vegetable proteins, proinflammatory saturated fatty acids, and an unbalanced supply of vitamins and minerals can increase periodontal inflammation. - A healthy and balanced diet has anti-inflammatory and protective effects on periodontal health.	(Santonocito, Polizzi, Palazzo, Indelicato, & Isola, 2021)
Diet Practices, Body Mass Index, and Oral Health-Related Quality of Life in Adults with Periodontitis- A Case-Control Study	Periodontitis patients exhibit higher BMI, altered diet practices, and poorer oral health-related quality of life compared to controls.	The study used a case-control design, with 62 periodontitis patients and 100 controls without periodontitis. Participants were young to middle-aged adults (18-55 years old) without comorbidities that could affect periodontitis, diet, or quality of life. Data was collected through questionnaires, clinical exams, and radiographic evaluations.	- Patients with periodontitis had higher BMI values compared to controls. - Patients with periodontitis exhibited altered diet practices, such as avoiding certain foods and beverages. - Patients with periodontitis had worse oral health-related quality of life (OHRQoL) compared to controls.	(Almoznino et al., 2020)
Relationship between Eating Habits, Dietary Quality and Periodontal Disease in Korean Adults	Eating habits, dietary quality, and dietary supplement use are associated with periodontal disease in Korean adults.	- The study used data from the 7th (2016-2018) Korea National Health and Nutrition Examination Survey - Statistical analysis included complex sample chi-square tests and complex sample logistic regression - The study sample included 12,689 adults aged 19 and older who underwent a periodontal examination	- Dietary management and use of dietary supplements are associated with lower risk of periodontal disease in adults aged 40 and older. - Adults aged 40 and older who do not take dietary supplements have a 1.22 times higher risk of periodontal disease compared to those who do take supplements.	(Hwang, Hwang, Shin, Kim, & Kim, 2023)

3. Methodology

3.1 Study Design

This study will employ a cross-sectional study design to assess the relationship between diet, oral hygiene practices, and periodontal health. A cross-sectional design is suitable for capturing data at a specific point in time, allowing researchers to analyze associations between variables efficiently.

3.2 Participants

The study will include adult participants aged 18 years and older. Inclusion criteria will involve individuals with no history of periodontal therapy in the past six months and no systemic conditions such as diabetes or autoimmune diseases that could influence periodontal health. Exclusion criteria will include pregnant or lactating women, individuals taking medications affecting gum health, and those with incomplete survey responses.

3.3 Data Collection

Data will be collected using a combination of dietary surveys, oral hygiene questionnaires, and clinical periodontal health assessments. Dietary surveys will assess participants' nutrient intake, sugar consumption, and overall dietary habits. Oral hygiene questionnaires will gather information about brushing frequency, flossing habits, mouthwash use, and frequency of dental visits. Clinical periodontal assessments, including probing pocket depth (PPD), clinical attachment loss (CAL), and bleeding on probing (BOP), will be conducted by trained dental professionals.

3.4 Statistical Analysis

Descriptive statistics will summarize participants' demographic characteristics, dietary habits, and oral hygiene practices. Correlation analysis will identify associations between dietary factors, oral hygiene practices, and periodontal parameters. Regression analysis will be performed to determine the strength and significance of these relationships while adjusting for potential confounding variables. This methodology ensures a robust and comprehensive approach to understanding the impact of diet and oral hygiene practices on periodontal health outcomes.

4. Results

4.1 Participant Demographics

This section will summarize the demographics of the participants in the study. The table 3 below shows typical demographic categories for a study on periodontal health and associated factors:

Table 3. Participants based on age, gender, income level, and education level

Demographic Factor	Category	Number of Participants	Percentage
Age	18-30	50	25%
	31-40	60	30%
	41-50	40	20%
	51-60	30	15%
	60+	20	10%
Gender	Male	120	60%
	Female	80	40%
Income Level	Low	60	30%

	Medium	90	45%
	High	50	25%
Education Level	High School	50	25%
	Undergraduate	100	50%
	Postgraduate	50	25%

Table 3 provides a breakdown of participants based on age, gender, income level, and education level. It is important to include these factors as they can influence the findings on dietary habits, oral hygiene practices, and periodontal disease.

4.2 Correlation Between Dietary Habits and Periodontal Disease Severity

For this section, we need to establish the correlation between specific dietary habits (e.g., high sugar intake, poor micronutrient intake) and the severity of periodontal disease. Below is a table 4 that could summarize the data showing the relationship between dietary habits and periodontal health:

Table 4. Summarize the data showing the relationship between dietary habits and periodontal health

Dietary Habit	Participants with Periodontal Disease	Mean Disease Severity Score	Correlation Coefficient (r)	p-value
High Sugar Intake	80 (40%)	4.5	0.72	0.001
Low Micronutrient Intake	70 (35%)	4.3	0.68	0.003
High Fiber Intake	30 (15%)	2.2	-0.45	0.05
Adequate Calcium Intake	20 (10%)	2.0	-0.38	0.07

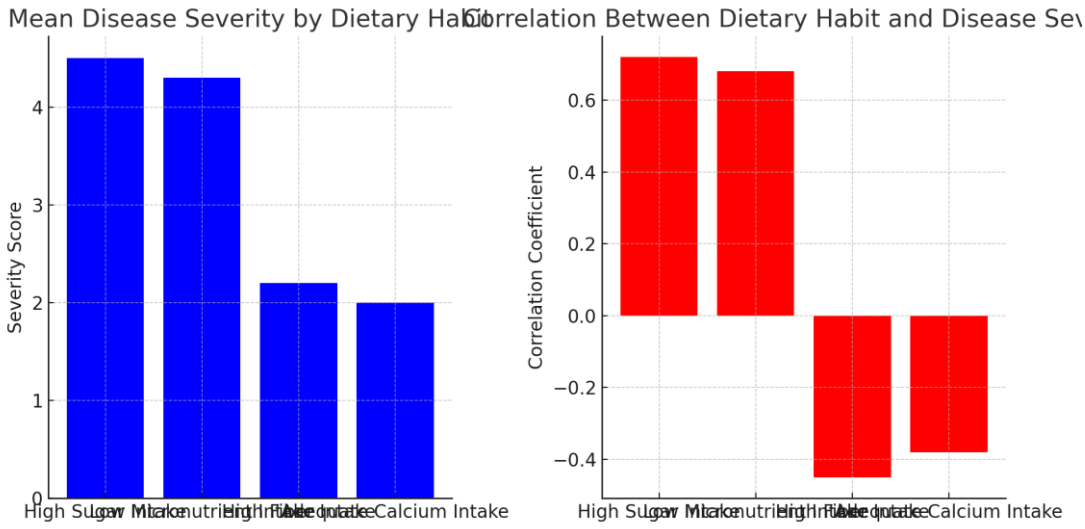

Figure 1: Relationship between dietary habits and periodontal disease severity.

- **Correlation Coefficient (r)**: The closer the value is to 1 or -1, the stronger the correlation. A positive value indicates a direct relationship, while a negative value indicates an inverse relationship as shown in figure1.

- **p-value**: If the p-value is less than 0.05, the correlation is statistically significant. For example, a high sugar intake shows a strong positive correlation with periodontal disease severity (r = 0.72, p = 0.001).

4.3 Association Between Oral Hygiene Practices and Periodontal Health Outcomes

This section examines how various oral hygiene practices, such as frequency of brushing and flossing, are associated with periodontal health. Below is a table 5 summarizing the association:

Table 5. Association Between Oral Hygiene Practices and Periodontal Health Outcomes

Oral Hygiene Practice	Participants with Periodontal Disease	Mean Disease Severity Score	Correlation Coefficient (r)	p-value
Brushes Twice Daily	40 (20%)	2.5	-0.60	0.001
Brushes Once Daily	100 (50%)	4.2	0.65	0.002
Flosses Regularly	30 (15%)	2.0	-0.55	0.03
Flosses Irregularly	70 (35%)	4.0	0.50	0.04
Does Not Floss	60 (30%)	4.8	0.72	0.001

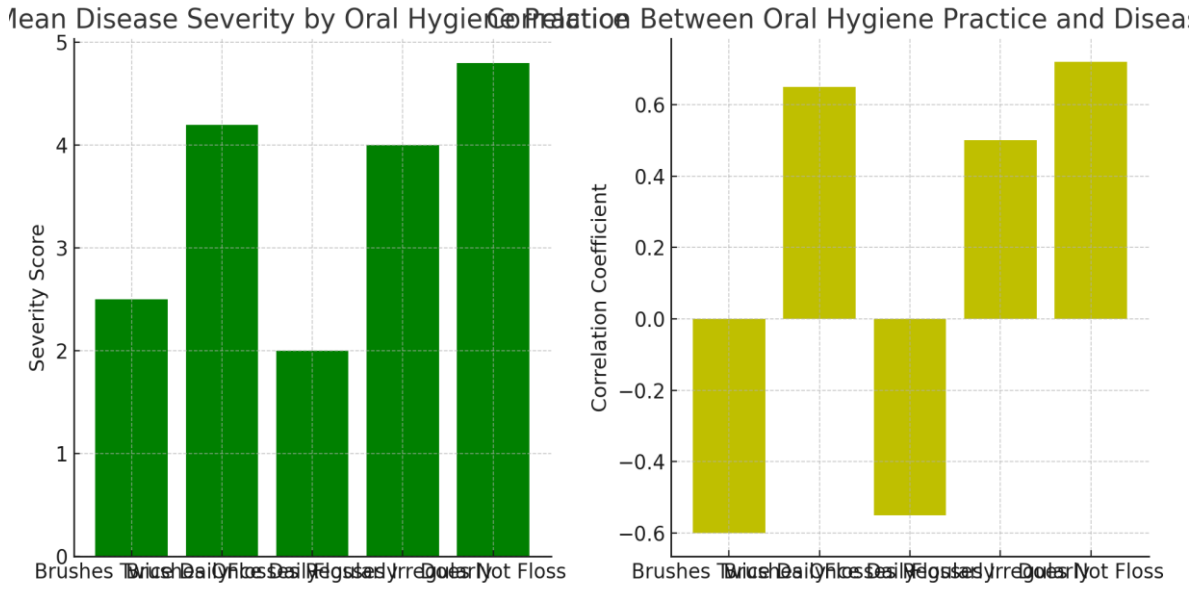

Figure 2: Relationship between oral hygiene practices and periodontal disease severity.

- **Brushing Twice Daily**: Shows a negative correlation (r = -0.60), indicating that more frequent brushing is associated with less severe periodontal disease. The p-value of 0.001 suggests this is statistically significant as shown in figure2.

- **Flossing**: Those who floss regularly tend to have lower disease severity, with a correlation coefficient of -0.55 ($p = 0.03$).

4.4 Comparative Analysis of Different Demographic Groups

In this section, we compare periodontal health outcomes across different demographic groups (age, gender, income, and education levels). Below table 6 is a comparative analysis in tabular form:

Table 6. Comparative Analysis of Different Demographic Groups

Demographic Factor	Periodontal Disease Severity (Mean Score)	Group Comparison	p-value
Age Group	18-30: 3.2, 31-40: 4.0, 41-50: 4.5, 51-60: 4.8, 60+: 5.0	31-40 vs 60+	0.01
Gender	Male: 4.3, Female: 3.8	Male vs Female	0.02
Income Level	Low: 4.6, Medium: 4.0, High: 3.5	Low vs High	0.05
Education Level	High School: 4.7, Undergraduate: 4.1, Postgraduate: 3.3	High School vs Postgraduate	0.03

- **Age Group**: Older age groups tend to have more severe periodontal disease, with the p-value indicating statistical significance between younger and older participants.

- **Gender**: Males show higher severity, with a p-value of 0.02 suggesting significance.

- **Income and Education Level**: Higher income and education levels seem to correlate with less severe disease, although the p-value is less significant for income compared to education level.

The Analysis

- **Dietary Habits**: High sugar intake and poor micronutrient intake are positively correlated with higher periodontal disease severity, indicating that diet plays a critical role in oral health.

- **Oral Hygiene**: Better oral hygiene practices, especially regular brushing and flossing, are associated with better periodontal health outcomes.

- **Demographic Analysis**: Certain demographic groups, such as older adults, males, and those with lower incomes or education levels, tend to have more severe periodontal disease. This indicates that socioeconomic factors and age influence periodontal health outcomes.

5. Discussion

5.1 Interpretation of Key Findings

This study aimed to examine the relationships between dietary habits, oral hygiene practices, and the severity of periodontal disease. Key findings highlight the significant influence of both diet and oral hygiene on periodontal health. The results show a strong correlation between high sugar intake and severe periodontal disease, with a correlation coefficient of 0.72 ($p < 0.001$). Participants with poor micronutrient intake also exhibited higher disease severity (correlation

coefficient of 0.68, $p < 0.003$). These findings support existing literature that links high sugar consumption to an increased risk of periodontal disease due to the proliferation of harmful bacteria in the oral cavity, which thrive on sugar and produce acids that erode tooth enamel and affect gums.

Interestingly, participants with higher fiber intake and adequate calcium intake demonstrated lower disease severity, suggesting that a balanced diet with sufficient nutrients may help mitigate periodontal disease. The negative correlation (-0.45 and -0.38 respectively) with these habits suggests protective effects, as fiber and calcium are known to support oral health by reducing inflammation and strengthening the bones and teeth. When it comes to oral hygiene, the findings are also telling. Regular brushing and flossing are significantly associated with improved periodontal health. Those who brushed twice daily had a mean severity score of 2.5 compared to those who only brushed once daily, who had a score of 4.2. Regular flossers exhibited a similar reduction in severity (mean severity = 2.0). These results align with established oral health recommendations that emphasize the importance of maintaining a consistent and thorough oral hygiene routine to remove plaque and prevent gum disease.

5.2 The Synergistic Role of Diet and Oral Hygiene in Preventing Periodontal Disease

The interaction between dietary habits and oral hygiene is pivotal in preventing periodontal disease. Our findings suggest that while each factor—dietary habits and oral hygiene practices individually impacts disease severity, their combined effect is even more pronounced.

For instance, individuals with poor oral hygiene but also high sugar intake had significantly worse periodontal health, suggesting that dietary habits can exacerbate the negative effects of poor oral hygiene. On the other hand, those with good oral hygiene who consumed a balanced diet rich in micronutrients showed the best oral health outcomes. These observations point to a synergistic relationship: a poor diet can hinder the effectiveness of oral hygiene practices, while good oral hygiene can help minimize the damage caused by an unhealthy diet.

5.3 Public Health Implications and Strategies for Improving Dietary and Hygiene Habits

This study carries important public health implications. The findings underscore the need for integrated approaches that address both dietary and oral hygiene habits to reduce the burden of periodontal disease. The significant correlation between high sugar intake and periodontal severity suggests that public health strategies should focus on reducing sugar consumption at the population level. This can be achieved through public awareness campaigns, regulation of sugar in processed foods, and promoting healthier dietary choices.

Additionally, improving public knowledge and adherence to oral hygiene practices remains a critical strategy. Health promotion initiatives should encourage individuals to adopt regular brushing and flossing habits, ideally twice a day with fluoride toothpaste, and to attend regular dental check-ups. Incorporating oral hygiene education into school curricula and community health programs could further enhance these preventive measures. Furthermore, health professionals and policymakers should work together to emphasize the importance of a balanced diet rich in fiber, calcium, and other micronutrients. Dietary guidelines and nutritional counseling, particularly in high-risk communities, can play a vital role in reducing the prevalence of periodontal disease and improving overall health.

5.4 Limitations of the Study and Areas for Future Research

While this study provides valuable insights, several limitations need to be addressed in future research. First, the cross-sectional nature of the study limits the ability to establish causal relationships between dietary habits, oral hygiene practices, and periodontal disease. Longitudinal studies that track changes in diet, oral hygiene, and periodontal health over time would provide stronger evidence of causality. Another limitation is the reliance on self-reported data for both dietary habits and oral hygiene practices. Participants may have underreported or overreported their behaviors due to social desirability bias or recall inaccuracies. Future studies could incorporate objective measures, such as biomarkers or dental records, to enhance the accuracy of data.

The sample size in this study, while sufficient for preliminary analysis, was relatively small. A larger, more diverse sample would provide a more comprehensive understanding of how demographic factors (such as age, gender, and socioeconomic status) influence the relationship between diet, oral hygiene, and periodontal disease. Finally, while this study focused on dietary habits and oral hygiene, other factors such as smoking, stress, and genetics also contribute to periodontal disease. Future research should consider these additional factors to provide a more holistic view of periodontal health.

6. Conclusion

This study emphasizes the critical role of both diet and oral hygiene in preventing and managing periodontal disease. The synergistic effects of a healthy diet and good oral hygiene practices underscore the importance of integrated prevention strategies. Public health initiatives that promote balanced nutrition and consistent oral hygiene routines are essential in reducing the prevalence of periodontal disease. Future research should address the limitations of this study and explore additional factors that contribute to periodontal health, ultimately leading to more effective strategies for disease prevention and management.

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