

● 칫솔사용 빈도와 연관한 치태형성과 치은건강도에 관한 연구

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全身 및 齒齦健康狀態가 良好하며 正常咬合을 보이는 15名의 齒科大學生을 3群으로 나누어 各群의 1日 칫솔 使用頻度를 各各 달리하여, 거기에 따른 齒苔의 形成樣相과 齒齦健康의 變化를 9週동안 研究觀察한 바, 다음과 같은 結論을 얻었다.

1. 齒苔의 形成率은 臨床的으로 識別할 수 있기 前에 이미 增加되었으며, 齒齦炎은 그 以後에 서서히 繼續增加되고 있으며, 齒苔의 蓋積은 平行을 維持하거나 減少되었다.
2. 1日 3回의 칫솔使用이 가장 적은 齒苔의 形成을 보였으며 齒齦健康을 維持시키는데 큰 效果를 보였다.
3. 齒苔程度와 齒齦炎症度間에는 高度의 順相關係가 있었다.
4. 齒苔形成에 있어 上顎이 下顎 보다 더 낮은 蓋積을 보였다.

Dental plaque formation and gingival health as related to toothbrushing frequency

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The purpose of the present study was to investigate the pattern of formation and to study the effect of gingival health upon plaque formation. Fifteen male dental students of good health and having normal occlusion participated in this study.

The volunteers were then randomly divided into three groups.

Group I : once daily toothbrushing(Five minutes after every breakfast),

Group II : twice daily toothbrushings(Five minutes after every breakfast and supper),

Group III : triple daily toothbrushings(Five minutes after every breakfast, lunch and supper).

The amount of plaque and gingival health were assessed by the same investigator at one week interval for a period of 9 weeks according to the criteria of plaque index system and gingival index system(Löe, 1967).

The data from clinical examination were computerized and analyzed statistically.

The results were as follows

1. The rate of plaque formation increased before the appearance of clinically detectable gingivitis and levelled off as gingivitis developed.
2. The triple daily toothbrushings group revealed the least plaque formation and the most effectiveness of maintenance of gingival health.
3. A high positive correlation between the degree of plaque and the degree of gingivitis was found.
4. Generally, the mandibular teeth accumulated more plaque than the maxillary teeth.