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# Association of tooth brushing and proximal cleaning with periodontal health among Korean adults: Results from Korea National Health and Nutrition Examination Survey in the year 2010 and 2012

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**Aim:** Tooth brushing (TB), dental flossing (DF) and inter-dental brushing (IDB) are regarded as fundamental self-care methods for periodontal health. Few evidences on its effectiveness on periodontal health are available. Hence, this study aimed to evaluate the association of TB, DF, IDB and interaction effect with periodontal health.

**Materials & Methods:** The nationally representative 4,766 Korean adults aged 19 years and older were cross-sectionally surveyed in 2010 and 2012 respectively. Periodontal health was defined as Community Periodontal Index 1-2 for gingivitis and 3-4 for periodontitis. The information about variables were from interview and blood analyses. Multivariable logistic regression analyses and the interaction effect between TB and proximal cleaning (PC: DF and/or IDB) were applied.

**Results:** TB thrice or more per day and DF were associated with a lower prevalence of periodontitis by both 44%, while the preventive fraction of DF on gingivitis was 30%. The preventive fraction of

interaction effects between TB thrice or more and PC were 78% for periodontitis and 68% for gingivitis among 40-59 year age group.

**Conclusions:** TB and PC are independently associated with periodontal health. Hence, periodontists should be recommended TB thrice or more per day and PC such as DF and IDB to promote periodontal health.

## Biography

Hyun Duck Kim obtained Doctor of Dental Surgery specializing in Public Health Dentistry and PhD in Epidemiology from Seoul National University School of Dentistry (SNU SOD), Republic of South Korea. He worked as a Visiting Scientist at Harvard School of Dental Medicine in 1998-1999 and 2006-2007, and at University of North Carolina in 2000 respectively. He is currently a Tenure-Track Professor in the Department of Preventive and Social Dentistry, SNU SOD. He serviced as Vice-Dean during 2010-2011 and the Chairman of the Department of Preventive and Social Dentistry during 2012-2013. He has served the Korean Academy of Preventive Dentistry as the President during 2014-2016.

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