

established with controlling MRI. Orthopedic stability of TMJs was established with definitive occlusal treatment (restoration of wear teeth tissues with composite fillings). Because of accompanying osteoarthritis and better stabilisation of TMJs as well as teeth protection from bruxism a stabilisation splint was fabricated. Bruxism is a pathophysiological disorder of unclear aetiology. The most noticeable sign of bruxism is excessive teeth wear which can cause pathological occlusal relationships. The mechanism of aetiopathogenesis of TMD is insufficiently explained and occlusion is considered to be a secondary aetiological factor. Anxiety can be a pathophysiological factor of bruxism and can lead to persistence of chronic temporomandibular pain.

Oralno zdravlje novaka Hrvatske vojske

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Uporabom DMFT (KEP indeks) i FST (zbroj zdravih zuba i zuba liječenih ispunom) indeksa prikazano je oralno zdravlje i oralne zdravstvene navike novaka Hrvatske vojske. Klinički je godine 2001. pregledano i o zdravstvenim navikama ispitano 505 19-godišnjih novaka iz vojarne u Koprivnici. Oralni status zuba (osim umnjaka) opisan je DMFT indeksom (decayed, filled, and missing teeth) i uspoređen s FS-T indeksom (filled and sound teeth). Utvrđen je broj pranja zuba u danu te razlog i broj posjeta novaka stomatologu tijekom godine. Ispitana je ovisnost rezultata o specifičnosti gradske i seoske socijalne zajednice. Izračunan je stupanj saniranosti zubi novaka izrazom $FT \times 100/DMFT$. Istraživanje je pokazalo prosječni DMFT indeks 7,32 (DT: 3,15, MT: 1,29 i FT: 2,88). Prosječna vrijednost FST indeksa iznosi 23,56, a saniranost zuba 47,8 %. Utvrđena je statistički znatna razlika prema prebivalištu kod DT, MT, FT i FST indeksa. Ispitanici iz seoskih sredina imaju više zuba zahvaćenih karijesom, a

ispitanici iz gradskih sredina imaju veću saniranost zuba (66 %). Ispitanici koji tri ili više puta na dan peru zube te redovito posjećuju stomatologa imaju znatno više vrijednosti FT i FST indeksa. Bolje je zdravstveno stanje zuba ispitanika gradskih sredina (više vrijednosti FT indeksa te sporija kumulativna distribucija i statistička znatnost FST indeksa). Nema statistički znatne razlike u vrijednosti DMFT indeksa u usporedbi s ispitanicima seoskih sredina. U novaka Hrvatske vojske utvrđene su visoke vrijednosti DMFT indeksa. FST indeks prikladnije je od DMFT indeksa primjenjivati u populacijama s višim stupnjem zahvaćenosti zuba karijesom. Provedeno istraživanje pomaže da se utvrdi zdravlje zuba novaka Hrvatske vojske i pridonosi osmišljavanju optimalnih preventivnih programa.

Oral Health of Croatian Army Recruits

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DMFT index and FST index were used to determine the oral health and oral health care habits of Croatian Army recruits. In 2001 505 19-year-old recruits in the barracks in Koprivnica were clinically examined and asked about their health care habits. Oral status of all teeth (except wisdom teeth) was described by DMFT index (decayed, filled, and missing teeth) and compared with FST index (filled and sound teeth). The number of tooth brushing per day and the reason and number of visits to the dentist each year were determined. The dependence of results in the specific urban and rural community was tested. The level of teeth sanitation of the recruits was calculated by the formula $FT \times 100/DMFT$. The study showed average DMFT index 7.32 (DT: 3.15, MT: 1.29 and FT: 2.88). The average value of FST index was 23.56 and teeth sanitation 47.8 %. Statistically significant difference according to domicile in DT, MT, FT and FST index

was determined. Subjects from the rural environment had more teeth affected by caries, and those from urban environment had better teeth sanitation (66 %). Subjects who brushed their teeth three or more times per day and who regularly visited the dentist had significantly higher values of FT and FST index. Health condition of subjects from urban environment, was better (higher values of FT index and slower cumulative distribution and statistical significance of FST index). There was no statistically significant difference in values of DMFT index in relation to subjects from rural environment. High values of DMFT index were determined in Croatian Army recruits. FST index is more adequate than DMFT index for application in a population with a higher level of dental caries. The conducted research contributes to determination of the dental health of Croatian Army recruits as well as to the organisation of optimal preventive programs.

Prevenција karijesa u prvim razredima osnovnih škola grada Zagreba

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Suvremena istraživanja pokazuju da je učinkovitost zdravstvenog odgoja mnogo veća ako je orijentirana na održanje zdravlja a ne na bolesna stanja. Provedenim programom željeli smo obuhvatiti djecu pri polasku u prvi razred osnovne škole te ih nastavnim procesom obavijestiti o osnovama očuvanja oralnoga zdravlja. Programom je obuhvaćeno 7000 djece, učenika prvih razreda u zagrebačkim osnovnim školama. Pri obveznom pregledu za upis u školu njihov je stomatolog na unificiranom obrascu utvrdio stanje oralnoga zdravlja. U prvim danima nastave dodatno izobražena preventivna medicinska sestra održala im je zdravstveno-odgojno predavanje te su djeca neposredno nakon predavanja sudjelovala u igraonici radom na bojankama. Uključivanje roditelja provedeno je s pomoću Bojanki i za tu prigodu napisanog Biltena. Nakon dva mjeseca, predavanje i igraonica s ponešto proširenim sadržajem su ponovljeni. Za roditelje je pripremljen nov Bilten.

Pregledom djece pri upisu u prvi razred osnovne škole utvrđeno je da samo 26,5% pregledane djece ima zdrave sve mliječne zube, i 76,2% djece ima zdrave sve trajne zube.

Rezultati pregleda pri upisu u prvi razred potvrđuju da je potrebno provoditi stomatološki zdravstveni odgoj, a na taj način zdravstveno-odgojnim porukama obuhvaćena su ne samo djeca već i nastavno osoblje, medicinske sestre i roditelji. Loše stanje oralnoga zdravlja utvrđeno pri pregledu za upis u prvi razred te zanimanje s kojim su program prihvatili svi sudionici potvrđuje da ga je potrebno i dalje provoditi.

Caries Prevention in First Grade Schoolchildren in Zagreb

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Contemporary studies have shown that oral health education is more effective when it is prevention-oriented rather than disease oriented. The implemented program aimed at including all first grade aged children and making them familiar with the basics of oral health protection through the educational program.

The program included 7.000 first grade aged children in primary schools in Zagreb. During the compulsory check-up required for enrolment in school, their dentist established the oral health status on a unified printed form. In the first school days, a nurse, previously additionally educated in oral health prevention, gave an oral health education lecture, and immediately after the lecture the children participated in a children's workshop by colouring the colouring books. Parent's involvement was achieved through colouring books and a special bulletin prepared and sent to them. Two months later, the lecture and the workshop with a slightly extended program were repeated. A new bulletin was prepared for the parents. The check-up of children for establishing their eligibility for enrolment in the first grade showed that only 26.5% of the children had caries-free primary teeth and 76.2% of the children had caries-free secondary teeth.

The results obtained at such oral health check-ups speak for the need to implement oral health education, and