

Deleterious Effects of Oral Habits among Children- A Review

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Abstract—Mouth is the mirror of the human body and Oral health is an integral part of our health and well-being. Oral habits are a part of the normal development of child but if they persist beyond the certain age, they have deleterious effects which affect the quality of life of the child. Oral habits are repetitive behaviour in the oral cavity that results in loss of tooth structure, malaligned teeth and foul smell in the mouth. The various habits include digit sucking, pacifier sucking, lip sucking and biting, nail-biting, bruxism, self-injurious habits, mouth breathing and tongue thrusting. Their effect is dependent on the nature, onset and duration of habits. Focus is required on the multidimensional concept that includes the understanding and treating psychosocial aspects of oral health and their influence on quality of life

Aims and objectives: To understand the deleterious effects of oral habits in children

Materials and Method: An extensive literature search was done on various search engines such as PubMed and Google scholar with specified keywords. Both Indian and International Journals were looked at

Results: Repetitive actions of these habits can produce destructive effects on the teeth and the surrounding tissues. It will leads to irregularity in teeth, bad breath, inclination of teeth, grinding of tooth structure, tenderness in the jaw muscles etc. These changes will further effects the facial profile.

Conclusion: Visits to the Dentist should be initiated as early as possible. Behavioural conditioning technique, positive reinforcement and dental appliances are important aspects of the treatment.