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Childhood Habits and their Effects on the Oral and Maxillofacial Structure of Adolescents

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Research Proposal on Childhood Habits and Their Effects on the Oral and Maxillofacial Development of Adolescents



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Background

Dental health is an extremely important factor of overall health many people tend to overlook. It is also important to understand the conditions and effects certain habits have on one's dental health. With these conditions and effects come the need for orthodontic interference.

- Fingernail biting: gingiva shows bleeding and inflammation³.
- Digit-sucking: effects the dental occlusion of children, but also increases the risk of cavities².
- Pacifier use: may cause open bites and crossbites", therefore causing improper development of orofacial structures⁵.
- Bottle feeding: cause crossbites and dental caries in childhood⁴



Figure 1. Childhood Habits. Shows the four habits talked about previously.

These habits clearly provide evidence to multiple oral problems such as bacterial contamination, injury, crossbites, occlusions, joint disorders, and tooth wear and tear. It is important for patients and parents to understand how to reverse these habits in easy and effective ways to be healthy and save money.

Research Question/Hypothesis

Research Question:
How do childhood habits effect the oral and maxillofacial structure of teenagers?

Hypothesis:
I believe all of these habits have a negative effect on the oral and maxillofacial structure of teenagers.

Aim of Study

This study aims to research and observe the effects of different habits on teenagers. Through this, the patient can become educated on a condition when the health care professionals provides a clear and concise explanation. It is important for professionals to be more educated on certain issues. This study pushes to research habits so professionals can properly tell their patients how to overcome them.

Proposed Methods

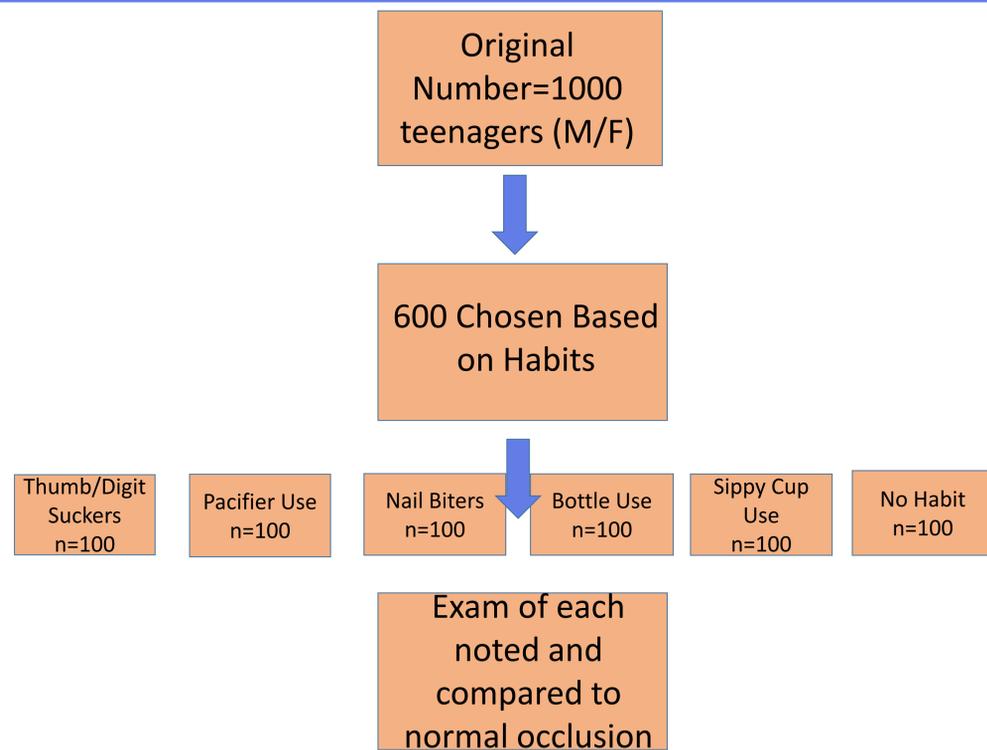


Figure 2. Proposed Methods. Procedure for project starts out with 1000 teenagers and will be asked to complete a survey about their childhood habits. 600 will then be chosen based on their habits. After this they will undergo an exam and their occlusion will be compared to normal occlusion and noted.

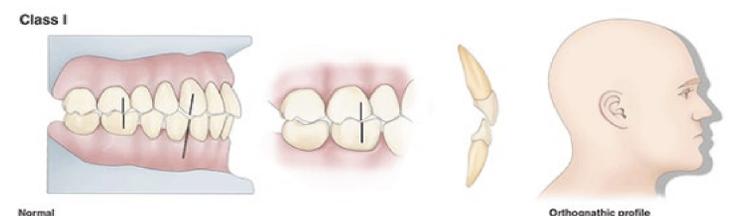


Figure 3. Normal Occlusion Also Known as Class I. Shows the normal occlusion of the mouth as it refers to the teeth and face profile.¹

Expected Conclusions

Through this research I hope to find that these childhood habits have a negative effect on the oral and maxillofacial structure of teenagers. I believe dentists should help their patients overcome their habits before its too late. In order for them to help their patients, they must be extremely understanding of the effect of habits as well as how to fix them.

Acknowledgements

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