



AWARENESS AMONGST DENTAL STUDENTS ABOUT THE HARMFUL EFFECTS OF BEVERAGES

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ABSTRACT

Aim: To establish awareness amongst dental students about the harmfulness effects of beverages.

Background: Beverages are liquids specifically prepared for human consumption. It is also a part of culture of human society. Beverages including juice, soft drinks, and carbonated drinks, have some form of water in them; As water is essential for life, it has also been the carrier of many diseases. The over-consumption of sugar-sweetened soft drinks is associated with obesity type 2 diabetes, dental caries, and low nutrient levels. Sugar-sweetened" includes drinks that use high-fructose corn syrup, as well as those using sucrose caffeine is linked to anxiety and sleep disruption when consumed in excess.

Materials and methods: The questionnaire included the basic information like subjects, name, sex, age. All these questions were framed to understand in depth how the intake of beverages could affect our life style.

Result: In this study we came to know that only 58% of dental students out of 100 was aware about the harmful effects of beverages.

Conclusion: Most of the students are aware of harmful effects of beverages but still they do not restrain themselves from these habits.

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INTRODUCTION

Beverage is a common name to us but many peoples of us don't know what is beverage? Any liquid that can quench the thirst are called beverage [1]. The word Beverage is used as a replacement for the word of drink in the restaurant, bars or in shops [1]. In many countries the word drink is used as the word beverage. Certainly in Ancient Egypt beer was a common beverage used. People drank it from large containers through straws (to avoid drinking debris floating in the drink) [2]. After the Romans conquered Britain brewing continued. In the Ancient Middle East wine was also a common beverage. Most common beverage drinks are carbonated drinks which are highly sugared drinks and are named to be cold beverages [3]. Hot beverages include coffee tea etc [4]. While the term "soft drink" is commonly used in product labeling and on restaurant menus, in many countries these drinks are more commonly referred to by regional names, including carbonated beverage, coke, fizzy drink, fizzy juice, cool drink, cold drink, lolly water, pop, seltzer, soda, soda pop, tonic, and mineral[5][6]. Soft drink consumption has become a highly visible and controversial public health and public policy issue [3].

Soft drinks are viewed by many as a major contributor to obesity and related health problems and have consequently been targeted as a means to help curtail the rising prevalence of obesity, particularly among children. Soft drinks have been banned from schools in Britain and France, and in the United States, school systems as large as those in Los Angeles, Philadelphia, and Miami have banned or severely limited soft drink sales [7]. Many US states have considered statewide bans or limits on soft drink sales in schools, with California passing such legislation in 2005[8]. These beverages lead to overweight and obesity including hypertension, cardiovascular diseases, diabetes etc.. so, this study aims to know the awareness about harmful effects of beverages in the present life style among dental students.

MATERIALS AND METHODS

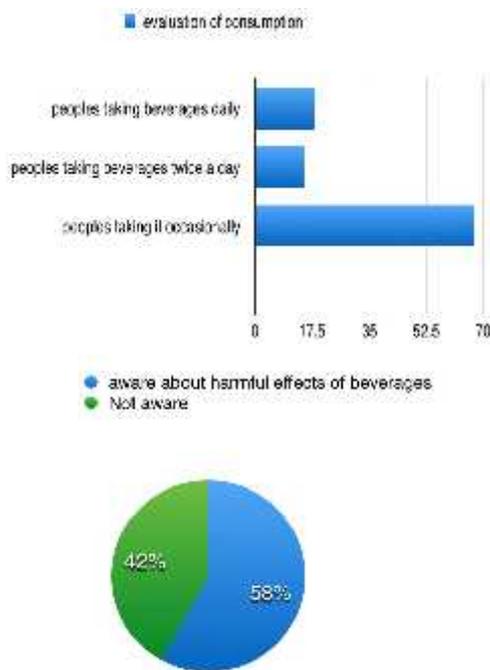
The participants for the study included 100 students from Saveetha Dental College aged between 17-21 years. A questionnaire accessing the influence of beverages on many disorders faced by this generations. This study was a questionnaire based study. The questionnaire was self-administered. The questionnaire included the basic information like the subjects' name, age, sex. All these questionnaires were framed to understand in depth how the intake of beverages could affect our life style. The questionnaire was distributed to the subjects and the responses were collected.

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RESULT

In this survey questionnaire we came to know that 58% were aware about the harmful effects of beverages and the rest of 42% of them was not aware about this. This question was quite challenging and disgusting that Out of this 18% taking beverages daily and 67% of them taking beverages twice a day and 15% of them taking beverages occasionally (once in a week). 23% of them knows that intake of carbonated drinks leads to diabetes and rest of the 77% of them doesn't know about this. 17% of them knows that beverages causes osteoporosis and the rest 83% doesn't know that it will cause osteoporosis. Here 76% of them knows that beverages cause dental caries and dental erosion while 24% of them doesn't know about this. 33% of them knows that beverages causes gum disease and while 67% doesn't know about it. 27% of them knows that beverages can cause sclerosis while 79% doesn't know about it. 41% knows that the chemical substance aspartame is used as substitutes for most of the beverages and the quite rest of them doesn't know about the chemical aspartame.



DISCUSSION

Over consumption of beverages is becoming serious and important health issues in today's lifestyle especially for youngsters and it should be essential for creating an awareness among the dental students about harmfulness of beverages. Gibson (2008) in his study showed that increased soft drink intake is related to lower consumption of milk and calcium, but average effect sizes were small. Soft drink consumption was also related to higher intake of carbohydrates, lower intakes of fruit and dietary fiber, and lower intakes of a variety of macronutrients in cross-sectional, longitudinal, and longer-term experimental studies. Interpreting the association between soft drink consumption and nutrient intake is complex [11]. Soft drink intake could be a marker for poor nutrition, with individuals who consume more sweetened beverages eating poorer diets in general. Soft drinks might also stimulate people's appetite for other nonnutritious food [13]. Bes-Rastrollo (Sanchez village) in his

study showed that individuals who consumed more soft drinks consumed diets with higher overall glycemic indexes, supporting the prediction that consumption of foods with high glycemic indexes (such as soft drinks) might stimulate intake of other such food. [4.] Trumbo PR, Rivers CR (2014) in his study showed that soft drink consumption is positively related to the consumption of foods such as hamburgers and pizza and negatively related to an overall healthy eating index [10]. The most striking finding, Guenther PM in his study of 249 women followed for 8 years, was that those who consumed 1 or more servings of soft drinks per day were at twice the risk of developing diabetes as those who consumed less than 1 serving per month [15]. In our study there are about 69% who consumes beverages occasionally and risk of various diseases caused by consumption of beverages seems to be less for them. But at the same time about 18% of people says that they are aware that the beverages are harmful but still they are not able to restrain themselves from these habits. Several studies reported a positive association between soft drink consumption and health risks [9 12 14 16]. Few studies highlighted the specific sources of health diseases related to soft drink consumption. The study indicates that the increased intake of beverages increases the health problems. Beverages are causing harmful effects but lot of students were unaware about this. So college personnel and parents should educate the collage students about the harmful effects of beverages. Awareness of harmfulness of beverages can be done by IEC Activities and through social media.

CONCLUSION:

From our study it is concluded that beverages are causing harmful effects but lot of students about 42% were unaware about this. So college personnel and parents should educate the collage students about the harmful effects of beverages. Awareness of harmfulness of beverages can be done by IEC Activities and through social media.

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