
A targeted sealant program combined with fluoride mouthrinse: 5-year results. S. KOBAYASHI, S. SAKAGI, A. YOSHINARI, K. HIROSE, (Nicholls Univ. School of Dent. Japan), H. SAITO, (Tohoku Dent. College Japan), A. M. MORONITZ (NIDR/NIH, Bethesda, USA). Japanese primary school children who had low caries prevalence due to the use of a fluoride mouthrinse regimen since nursery school (3-4 years of age) participated in a targeted sealant dental program. Only children who had no emotional dental examinations were selected. During the period from grade 1 (4 years of age) to grade 6 (11 years of age) the mean number of molars that received sealant application per child was 0.87. The mean DFT of all children from grade 1 through 6 was significantly decreased from 0.37 ± 0.88 (SD) (1983) to 0.22 ± 0.74 (SD) (1988) in 1988. This was achieved by the sealant program with no additional restorative care from two dentist dentists who adhered to conservative treatment guidelines, especially for proximal caries. The sealant program at private dental clinics that used criteria for restorations that were different from those established for this study. Excluding these children (n = 12), the subjects (n = 516) who received their dental care at the sealant dental clinic had a mean DFT of 0.12 ± 0.46 in 1984. Of the students who participated in the sealant program since its inception when they were in first grade, 67% of their first molars were sound without restorations until grade six. The results of this study suggest that nearly total caries prevention can result when children were exposed to the targeted sealant program in combination with a conservative policy of caries treatment.

A randomized, controlled intervention trial to promote epi tobacco cessation among college athletes M. M. Wash, J. F. Hilliard,2 M. Kinni, S. Newell, V. E. Burnet (University of California, Santa Barbara) We report one-year follow-up results of a randomized, controlled intervention trial conducted in 355 male college athletes in California who were self-reported users of spit tobacco (ST) at baseline. Methods College athletes were randomized to either the intervention or the control arm of the study, with a stratified design by college/university location and baseline prevalence of use. Both baseball and football teams participated in the trial at all colleges. The intervention included a professional dental exam with advice to quit ST use and strategies to cope with cravings, a self-help guide, and non tobacco substitutes with instructions for optimal use. One month later intervention subjects were contacted by phone to encourage their participation in the intervention. Those who acknowledged the receipt of the intervention kit and who had not used ST in the last month were invited to participate in a self-reported quitting at one year was confirmed by semi-structured telephone interview. Results At baseline there were 172 intervention subjects and 192 control subjects. At the one year follow up 93% of years were available for analysis. All subjects were contacted, with 93 intervention and control groups, respectively, giving an odds ratio of 6.4. When dependence among career athletes was controlled, the adjusted Odds Ratio was 8.3 (95% CI = 2.7 - 25.7) (p < 0.001). When smoking by college location, the odds ratio of 8.3 at urban and 3.4 at rural colleges. Conclusions: A relatively simple, single-interest intervention is shown effective in promoting self-reported tobacco cessation in college athletes. This result was obtained after one year follow up, suggesting that it may be sustained long term.

Oral Health Knowledge and Practices of Fourth Grade Korean Students. CHANG, D. I., PAIK, HS. MOON, JK KIM (Seoul National University, Korea) The prevalence of dental caries among Korean children is very high. The purpose of this study was to determine the knowledge and practices related to oral health among a group of 4th grade Korean students. This study consisted of a written questionnaire, a personal interview and observation of oral health habits. The results of the study were as follows: 1. The knowledge and practice of oral health among 4th grade students was poor. 2. Fifty-five percent of the students had a good knowledge about brushing toothbrushes and the appropriate time to brush them. Sixty-five percent of the students indicated that the proper length of time to brush their teeth was one minute. 3. There was a significant difference between knowledge about mouthwash and the actual use of mouthwash. 4. Seventy percent of the students had a good knowledge of food habits and consumption of dental foods. There was a significant difference between students' knowledge of the frequency of dental visits and their reported use of dental materials (X2 = 25.1, p < 0.001). There was an increase in the number of students able to identify the benefits of using dental materials, such as toothpaste, mouthwash, and floss. 5. Thirty-three percent of the students had oral knowledge of the effect of fluoride, but less than 1% had an understanding of its effect on the mineral content in teeth. 6. The results of multiple regression analysis showed that few variables relating local area of dental clinics, educational level of dental health, number of parents attitudes and frequency of using dental good practices of dental health practices and the variance in the knowledge of dental health practices. To increase the appearance of dental health practices is recommended that parents and the local community should be aware of the problems of dental