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Self-Perceived Halitosis in La, a Suburb of Accra, Ghana

Halitose auto-perçue à La, une banlieue d'Accra, au Ghana

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ABSTRACT

BACKGROUND: Many individuals, irrespective of their age, sex and social status suffer from halitosis. There is very little evidence, however, of the disease burden in Ghana. The aim of this study was to determine the prevalence and associated factors of self-perceived halitosis in La, a suburb in Accra.

METHODS: This was a cross-sectional study conducted among adults in La. The main outcome variable was self-perceived halitosis. Other variables collected included the socio-demographic characteristics (age, sex, occupation category, education), previous visit to a dentist, and previous/current consumption of alcohol. Background characteristics for all respondents were described, and summaries for variables reported. Cross-tabulations were done to explore the factors related to self-perceived halitosis.

RESULTS: A total of 324 participants were involved in the study. This consisted of 165 males (51%) and 159 females (49%). The mean age of the entire population was 41.2±14.9 years. The prevalence of self-perceived halitosis among the study population was 18%, while halitosis was found to be significantly distributed among persons with bleeding gums ($p=0.007$) and those who poorly rated their oral hygiene ($p<0.001$).

CONCLUSION: Halitosis is a source of concern to a considerable number of inhabitants of La. Education in this regard is therefore essential in promoting awareness and better oral health practices. *WAJM* 2021; 38(2): 120–124.

Keywords: Halitosis, self-perceived, Ghana, oral health.

RÉSUMÉ

CONTEXTE: De nombreux individus, quels que soient leur âge, leur sexe et leur statut social, souffrent d'halitose. Cependant, il existe très peu de preuves de la charge de morbidité au Ghana. L'objectif de cette étude était de déterminer la prévalence et les facteurs associés de l'halitose auto-perçue à La, une banlieue d'Accra.

MÉTHODES: Il s'agit d'une étude transversale menée auprès d'adultes à La. La principale variable de résultat était l'halitose auto-perçue. Parmi les autres variables collectées, on trouve les caractéristiques sociodémographiques (âge, sexe, catégorie professionnelle, éducation), la visite précédente chez le dentiste et la consommation d'alcool précédente/actuelle. Les caractéristiques générales de tous les répondants ont été décrites, et des résumés des variables ont été présentés. Des tableaux croisés ont été réalisés pour explorer les facteurs liés à l'halitose auto-perçue.

RÉSULTATS: Au total, 324 participants ont été impliqués dans l'étude. Il s'agissait de 165 hommes (51%) et 159 femmes (49%). L'âge moyen de l'ensemble de la population était de 41,2±14,9 ans. La prévalence de l'halitose auto-perçue au sein de la population étudiée était de 18 %, tandis que l'halitose s'est avérée être répartie de manière significative parmi les personnes ayant des gencives qui saignent ($p=0,007$) et celles qui ont mal évalué leur hygiène buccale ($p<0,001$).

CONCLUSION: L'halitose est une source de préoccupation pour un nombre considérable d'habitants de La. L'éducation à cet égard est donc essentielle pour promouvoir la sensibilisation et de meilleures pratiques de santé bucco-dentaire. *WAJM* 2021; 38(2) : 120–124.

Mots-clés: Halitose, auto-perception, Ghana, santé bucco-dentaire.

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Abbreviations: