

# REDUCTION IN DENTAL CARIES DUE TO REDUCED CONSUMPTION OF SUCROSE

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Indulgence in sweets has been described as 'an universal human weakness'. The link between sugar consumption and dental caries has long been recognized. It has also been established that a sucrose free diet, results in a striking reduction in dental caries incidence.

Two groups of children, living in Maharagama, belonging to the same socio-economic level and similar age groups, were given treatment at the Dental Nurses Training School in June/July 1980. The first group of 45 children came from the homes of poor parents, but 'treated to a good time' by the Lions Club of Maharagama, every Saturday. These children, however poor they were, had access to sweets, which even the poorest father would sometimes bring home, though not very regularly. The other group of 33 children were orphans and unwanted children from the Boys Home, run by the Child Protection Society of Sri Lanka. Their diet was strictly controlled and the sugar consumption was limited to one teaspoon of sugar per day. They had no parents to buy sweets for them.

The decayed, missing and filled teeth of both groups were recorded according to the W. H. O. Basic Oral Health Survey Methods.

	D	M	F	Total dmf +DMF	Average
Lions Club Project (45)	215	11	20	246	5.35
Boys Home	80	2	0	82	2.48

## Conclusion

The difference in the caries in the caries incidence of the two groups was highly significant ( $p > 0.01$ ). Other factors remaining constant for both groups, it could be concluded that the reduction in sucrose consumption at the Boys Home was a contributory factor in caries control.