

Awareness of Oral Bacterial Infection among Chronic Nail Biting Individuals

Ilakkiya .E

Savetha Dental College

Abstract: ***Aim and Objective:** To identify the awareness of oral bacterial infection among chronic nail biting Persons. **Background:** Nail biting is a common oral habit in children and young adults. Nail biting is also called as Onychophagia. The etiology suggested for nailbiting include anxiety, stress, loneliness, imitation of other family member, heredity, inactivity, transference from a thumb-sucking habit, and poorly manicured nails. **Reason:** Nail biting can causes oral bacterial infection. Chronic nail biting can lead to damage of cuticles and nails. It can also leads to secondary bacterial infection and dental problem .The aim of and this study is to check the awareness of oral bacterial infection in chronic nail biting persons.*

Keywords: Bacterial, Nail, Oral, Infection

1. Introduction

Nail biting or onychophagia is a common stress-relieving oral habit. The problem is usually not observed before the age of 3 or 4 years. Nail biting includes biting the cuticle and soft tissue surrounding the nail as well as biting the nail itself. Most cases of nail biting or onychophagia are seen between the ages of 4 and 6 years; it stabilizes from 7 to 10 and increases considerably during adolescence. After 12 years it is most commonly seen in males than female (1, 2).They found that higher Prevalence of E.coli and enterobacteriaceae family of bacteria in nail biters than those how don't have this habit .the presence of helicobacter pylori in the oral sites and beneath the nail were evaluated. There was a positive relation between finger nail and tongue. These pathogens can cause oral infection which may lead to systemic disease.(3)

2. Materials and Method

50 individuals with nail biting habit were selected and a questioner with 10 question was give to check the awareness of oral bacterial infection due to nil biting.

Questionnaire

Name:

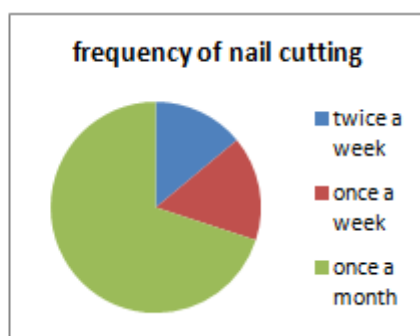
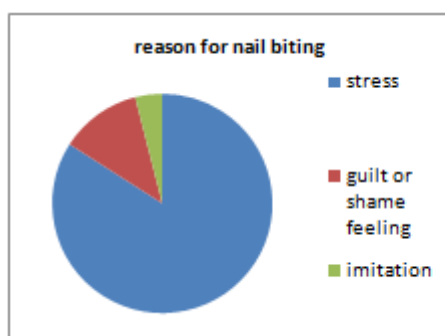
Age:

Gender:

- 1) Do u know what is onychophagia
a)yes b) No
- 2) Do u have the habit of biting ur nail
a) yes b) No

- 3) How often do u bite your nail
a) often
b) sometime
c) never
- 4) How frequently do you cut ur nail
a) twice a week
b)once a week
c) once a month
- 5) Do you know nail biting habit can cause oral bacterial infection
a) Yes b) No
- 6) what is the reason for nail biting
a) stress
b) guilt or shame feeling
c)imitation
d) others
- 7)Do you know an unwashed hand or nail contain millions and millions of bacteria living and growing
a) Yes b) No
- 8) Do u know artificial nail are made up of acrylic which helps in the growth of gram negative bacterial and yeast which can cause oral problem.
a) Yes b) No
- 9) Do you know your nails can Contain streptococcus mutants which can cause dental caries
a) Yes b) No
- 10) Do you know oral cavity of chronic nail biting children may contain bacteria that can lead to entric desease
a)yes b)no

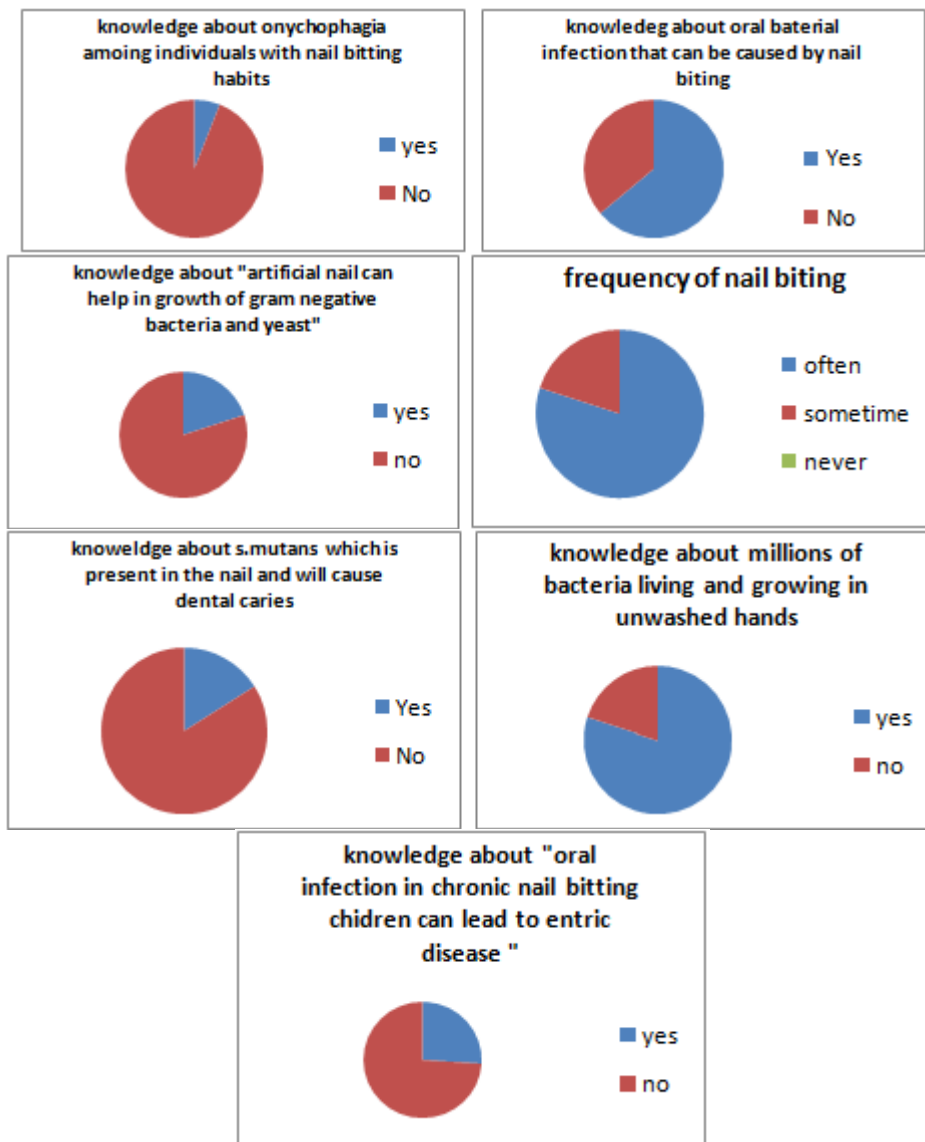
3. Results



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4. Discussion

Nail biting can damage the oral and dental structure and leads to spread of infectious disease. Nail biting can cause damage to gingival when a small pieces of nail get lodged in the gingival sulcus, causing gingival inflammation and abscess. These children will have perianal irritation as a result of the infection. Children scratch to relieve the itching and Enterobacteriaceae, viruses and pinworm eggs lodge under their nails .Thus the hand-to-mouth behavior in children who are fingernail-biters can cause oral infection(3, 6). Bacterial infection can occur from diseases of the nail such as onychomycosis and paronychia and nail biting might spread the infection to the mouth. A nail biter with oral herpes can develop herpetic whitlow of the bitten finger (4,).

5. Conclusion

In this study we conclude that awareness of oral bacterial infection among individuals with nail biting habit is not adequate. A proper education should be given among school children and a large scale awareness have to be given to the public to prevent oral bacterial infection .

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