

**PREVALENCE OF DENTAL FLUOROSIS AMONG PATIENTS ATTENDING NAROK
DISTRICT HOSPITAL**

BY

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REG. NO: BSDT/000208/312/17049

**A DISSERTATION SUBMITTED IN PARTIAL FULFILLMENT FOR THE AWARD OF
THE DEGREE OF BACHELOR OF SCIENCE IN DENTAL TECHNOLOGY**

MOUNT KENYA UNIVERSITY

2014

ABSTRACT

Dental fluorosis is high in Narok County and continues to pose aesthetic challenges to patients. The prevalence of fluorosis however remains unknown. This study sort to determine the prevalence of dental fluorosis among patients attending Narok district hospital dental clinic

This was a cross sectional study among patient attending dental clinic at Narok district hospital. The study used systematic sampling method and used the Dean's index to classify dental fluorosis. The sample size for the study was 246 respondents but the researcher managed to interview 170 respondents representing 69% of the target sample population.

The study found out that 57% of patient attending dental clinic at Narok district hospital had dental fluorosis. The study also found out that those who took water from the borehole and the river while they were young were the most affected by dental fluorosis while majority of those who used taped water and rain water had their teeth not affected by fluorosis. It further found out that majority of those who used fluoride supplements while they were young was mostly affected than those who did not use.

The study concluded that the prevalence of dental fluorosis is high. It also concluded that fluoride supplement use; cigarette smoking, use of borehole and taped water, and use of fluoridated toothpaste at an early age are association with dental fluorosis.

The study recommends that families should use taped water or rain water otherwise the other water sources should be de-fluoridated so as to minimize prevalence of dental fluorosis.