

Relationship of Consumption of Cariogenic Foods and Habit of Brushing Teeth with the Onset of Dental Caries Eldest Children Aged 4-6 Years in Kutapanjang Care Center

Kamaliah Ainun¹, Niasty Lasmy Zaen², Mailisah³

^{1,2,3}Nursing Study Program, Sekolah Tinggi Ilmu Kesehatan Rumah Sakit Haji Medan

Corresponding Author: Mailisah

ABSTRACT

Dental caries are one of the most common dental and oral diseases in society, especially in children who tend to prefer sweet foods and rarely clean their teeth. The purpose of the study was to find out the Relationship between Consumption of Cariogenic Foods and The Habit of Brushing Teeth With the Onset of The First-Born Dental Caries In Children Aged 4-6 Years In Puskesmas Care Kutapanjang 2019. This type of research is observational analytic correlation using a cross sectional approach, the population in this study was all mothers who had children 4-6 years old who took their children to Teeth Poli numbered 30 people. Side accidental technique sampling technique with a sample count of 30 people, the data is taken through a questionnaire and processed bivariate and univariate with chi-square test The majority of people consumed high consumption of cariogenic foods by 14 people (46.7%) low majority toothpaste habit of 12 people (40.0%) with 19 dental caries (63.3%) chi-square test results $p=0.015$ (<0.05) means there is a relationship between Consumption of Cariogenic Foods And The Habit of Brushing Teeth With the Onset of The First Tooth Caries In Children Aged 4-6 Years At Kutapanjang Care Center 2019. The conclusion of this study is the relationship between consumption of cariogenic foods and the habit of brushing teeth with the onset of the first tooth caries in children aged 4-6 years at the health center of Kutapanjang care in 2019. It is recommended to health workers to counsel the mother about the importance of maintaining dental hygiene in order to avoid dental caries.

Keywords: Cariogenic Foods, Teeth Brushing Habits

INTRODUCTION

Children are those aged 1-12 years old. Children are the generation that will be the successors of the nation so that they must be prepared and directed early in order to grow and develop into a physically and spiritually healthy child, advanced, independent and prosperous into a quality resource and can face challenges in the future (Titin, 2013).

Health development is organized by giving priority to efforts to improve health, disease prevention by not ignoring health healing and recovery efforts, including in preschool age children in order to achieve optimal health degrees. As for supporting optimal health efforts, efforts in the field of dental health need to get attention (Ministry of Health, 2016).

Dental caries are one of the most common dental and oral diseases in society, especially in children who tend to prefer sweet foods and rarely clean their teeth. Now it's a lot of villages. This food is very popular with children, so it is worth noting the influence of the substrate of carcinogenic carbohydrates with the occurrence of dental caries. Given the importance of dental function then early on children's dental health needs to be considered. In addition to food factors, tooth

brushing is also one of the things that needs to be considered in order to prevent dental caries. Although tooth brushing is a common activity, there are still mistakes both in its sense and in its implementation (John Besford, 2016).

Teeth that are easily affected by caries are the first teeth (children's teeth) because the structure of the teeth is thinner and smaller compared to adult teeth (fixed teeth). Therefore, in preventing tooth decay should be done as early as possible. Caries precipitously first occur in emails that are the hardest network of teeth. If the caries tissue is not immediately cleaned and patched, the caries will continue to spread into the pulp room (the room of nerve vessels and blood vessels inside the teeth) which can cause pain and eventually the teeth can die (Huwink, B. 2014).

The state of the teeth will previously affect the development of dental health in adulthood. When reviewed from various efforts to prevent dental caries through UKGD (Early Dental Health Efforts) activities should be at an early age or the ages of pre-primary children have low caries, but judging by the existing reality and based on the research reports that have been done, most of the data shows the absence of high levels of dental caries in preschoolers (Machfoedz, 2015).

According to the 2016 Household Health Survey (SKRT) there were 76.2% of Indonesian children in the 4-6 year old age group (approximately 8 out of 10 children) with perforated teeth. This clearly indicates a fairly latent problem, namely the lack of awareness and knowledge of dental health in the community (Ismu, 2012).

According to wayan ayu rahaswanti research (2017), The Study Program of Dentist education faculty of medicine Udayana University that the prevalence of dental caries in elementary school students 1 Telagatawang in the working area of Sidemen Health Center is still high, which is 58.8%, most of the samples in this study applied the wrong tooth brushing behavior, which is 85.3% and only 14.7% have the

correct toothbrush behavior, and in general , there is a tendency to increase the incidence of dental caries in children with the wrong tooth brushing behavior compared to the right.

According to data based on basic health research of Indonesians who experienced active caries showed an increase of 43.4% in 2007, while 53.2% experienced caries in 2013 and based on research Basic Health in Gorontalo Province which experienced active caries showed an increase also in 2007 found 34.0% who experienced caries while in 2013 found 48.8% who experienced caries (WHO, 2016)

The habit of brushing teeth is also associated with dental caries. The correct behavior in brushing teeth is when a person has a habit of brushing their teeth every day in the right way and at the right time, which is done at the time after eating and before bed. Based on Ministry of Health data in 2017 shows that 91.1% of Indonesians have brushed their teeth, but only 7.3% are behaving properly. While data from Banten Province and Tangerang City shows as many as 94.8% of children have a habit of brushing their teeth every day with a percentage who brush their teeth after breakfast by 9.0% and before bed at night only 26.9%. Meanwhile, the percentage of Tangerang people who brush their teeth every day after breakfast and before bed is 6.4%. Although the majority of Banten residents have been diligent in brushing their teeth every day, it turns out that the percentage of the population who behave correctly in brushing their teeth is only 4.8%. The data shows that the teeth-brushing behavior of Indonesian residents is still bad (Ministry of Health, 2010).

METHODOLOGY

In this study correlational derivative research design was used along with observational analytics research design using cross sectional approach. Research conducted at Kutapanjang Care Center Gayo Regency Research in November 2019

to January 2020. Population in this study included mothers who have children 4-6 years as many as 30 people in a month. This research uses Side Accidental technique that is a sample determination technique based on accidental meeting with researchers can be used as a sample when suitable as a data source i.e. mothers who bring children aged 4-6 years to poly teeth. The analysis used in this study uses chi-square.

RESULTS

Table 1 Demographic Data of Year Respondents in Health Centers Kutapanjang

No	Demographic Data	Frequency	Percentage (%)
1	Age		
	17-25 years	5	16,7
	26-35 years	16	53,3
	>35 years	9	30,0
	Amount	30	100%
2	Study		
	Elementary School	11	36,7
	Junior High School	8	26,7
	Senior High School	7	23,3
	Undergraduate	4	13,3
	Amount	30	100%
3	Job		
	Civil Servants	2	6,7
	Private Employees	6	20,0
	Self employed	5	16,7
	Housewives	17	56,7
	Amount	30	100%

Based on a table of 2 demographic data of respondents at Kutapanjang Care Center the majority of mothers aged 17-25 years old as many as 16 people (53.3%), the majority are elementary school educated as many as 11 people (36.7%). Worked as an IRT for 17 people (56.7%).

4.2.2 Data on frequency distribution of cariogenic food consumption in children in Puskesmas Care Kutapanjang in 2019.

The results of the data on the distribution of the frequency of consumption of cariogenic foods in children in Puskesmas Care Kutapanjang can be seen in the following table:

Table 2 Frequency distribution of consumption of cariogenic foods in children at Puskesmas Care Kutapanjang

Consumption Rate Of Cariogenic Foods	Frequency	%
Low	6	20,0
Middle	10	33,3
High	14	46,7
Amount	30	100

Based on table 3 above, the majority of children have a high level of consumption of cariogenic foods as many as 14 people (46.7%) 4.2.3 Data on frequency distribution of Dental Rubbing Habits in children in Puskesmas Care Kutapanjang. The results of the data on the frequency distribution of Dental Rubbing Habits in children in Puskesmas Care Kutapanjang can be seen in the following table:

Table 3 Frequency Distribution of Dental Rubbing Habits in Children at Puskesmas Care Kutapanjang

Teeth Rubbing Habits	Frequency	%
Low	12	40,0
Middle	10	33,3
High	8	26,6
Amount	30	100

Based on table 4 above, the majority of children have a low majority tooth brushing habit of 12 people (40.0%) 4.2.4 Data on the frequency of dental caries incidence in children at Kutapanjang Care Center in 2019. The results of the frequency distribution data on the incidence of dental caries in children at Puskesmas Care Kutapanjang can be seen in the following table:

Table 4 Frequency distribution of dental caries in children at Kutapanjang Care Center

Tooth Decay	Frequency	%
Caries	19	63,3
No caries	11	36,6
Amount	30	100

Based on table 5 above there are children with dental caries as many as 19 people (63.3%)

Table 5 Frequency Distribution of cariogenic food consumption relationship with the incidence of first-born dental caries in children aged 4-6 years in Puskesmas Care Kutapanjang

No	Consumption of Cariogenic Foods	Dental caries				Total		P
		Caries		No Caries		N	%	
		N	%	N	%			
1	Low	1	3,3	5	16,6	6	20,0	0,015
2	Middle	6	20,0	4	13,3	10	33,3	
3	High	12	40,0	2	6,6	14	46,7	
Total		19	63,3	11	36,6	30	100%	

Based on table 5 can be seen the high level of consumption of cariogenic foods as many as 14 people (46.7%) there are 12 dental caries (40.0%) and children who consumed low cariogenic foods as many as 6 people (20.0%) no dental caries in children of 5 people (16.6%). Based on the chi-square test obtained a significant value p value (0.015) < (0.05) there is a significant relationship between The Consumption of Cariogenic Foods with the Incidence of The First Born Dental Caries in Children Aged 4-6 Years At Kutapanjang Care Center. 4.3.2 Frequency Distribution of Teeth Brushing Habit with the Occurrence of First Tooth Caries In Children Aged 4-6 Years In Puskesmas Care Kutapanjang.

The data on the frequency distribution of dental brushing habits with the incidence of first-born tooth caries in children aged 4-6 years can be seen in the following table:

Table 6. The frequency distribution of dental rubbing habits with the incidence of the first-born dental caries in children aged 4-6 years at puskesmas care Kutapanjang

No	Teeth Rubbing Habits	Dental caries				Total		P
		Caries		Caries		N	%	
		N	%	N	%			
1	Low	11	36.6	1	3.3	12	40.0	0.001
2	Middle	5	16.6	5	16.6	10	33.3	
3	High	3	10.0	5	16.6	8	26.6	
Total		19	63.3	11	36.6	30	100%	

Based on table 5 can be seen the ness of brushing the teeth of the low majority of as many as 12 people (40.0%) there were 11 dental caries (36.6%) and children who brushed their teeth as much as 8 people (26.6%) no dental caries in children of 5 people (16.6%).

Based on the chi-square test obtained a significant p value (0.001) < (0.05) there is a significant link between tooth brushing and the incidence of the first-born dental caries in children aged 4-6 years at the Puskesmas Care Kutapanjang.

DISCUSSION

Consumption of cariogenic foods in children at Kutapanjang Care Center

Cariogenic foods are foods that have a profound effect on dental and oral health. This influence can be divided into two, namely a) The contents of foods that produce energy, e.g. carbohydrates, fats, proteins, etc., b) The mechanical function of the eaten food, the food that cleans the teeth, tends to be a tooth brush, such as apples, guava, water, etc., otherwise soft foods and attached to teeth are very damaging to teeth such as candy, chocolate, biscuits, cakes, etc. (Rasinta Tarigan, 2013).

Based on table 3 there are the majority of children having a high level of consumption of cariogenic foods. Cariogenic foods are foods that contain a lot of sugar. Every time the sugar reaches the plaque on the teeth, acid will be produced. Acidity is measured by pH unity. The neutral state is pH 7, the acidic state when the pH is lower than 7. The tipping point for tooth decay is pH 5.7 and this is achieved and exceeded about 2 minutes after the sugar gets into the plaque. If the sugar in food and drink has been ingested, it can take at least 13 minutes to raise the pH to above the tipping point, so that tooth decay can stop (John Besford, 2010).

The amount of sweet food consumed at any one time affects the amount of plaque produced as well as general health. The frequency of sugar eaten affects the length of the tooth decay process. In a society that does not consume sugar, there is no tooth decay. In countries where sugar consumption rates are increasing, tooth decay rates are also increasing, and vice versa. There is evidence that craving for something sweet begins to form from the baby through the addition of sugar to food, milk and other baby drinks (John Besford, 2010).

The results of research by Sumarti in 2017 in Sekaran Village gunungpati district semarang showed that children aged 4-6 years in the area had a habit of consuming large cariogenic foods, namely from 100 respondents studied there were 88 respondents who had a risky cariogenic food

consumption score and 12 respondents who had a cariogenic food consumption score were not at risk. This showed that respondents with scores consuming their cariogenic foods were at greater risk than those who were not at risk. From interviews with parents of respondents, they said that their children consumed cariogenic foods on average more than seven times a week (Sumarti, 2017).

Based on the data the results showed that in general most respondents liked to consume sugary foods or drinks such as oreos, timtam, biskuat, tanggo, milkuat, silver queen, coki-coki, geri pasta, meises ceres and respondents consumed sweet foods outside the main meal hours (leisure time). This is in accordance with John Besford's opinion (2010) that children's enjoyment of something sweet begins to form from a very early moment in a child's life.

According to the researchers' assumption that the pleasure of sugary foods not only causes tooth decay, pain, and the need for visits to the dentist as well as tooth loss, but also causes obesity, arterial vascular disease and heart failure, diabetes and other diseases

Teeth Brushing Habits in Children in Kutapanjang Care Center.

The habit of brushing teeth is the behavior of humans who are eding in an effort to prevent tooth decay. Oral health can not be separated from etiology with plaque as a factor along with the onanism. It is important to be aware that plaques are basically formed constantly. Oral hygiene can be maintained by brushing your teeth and cleaning your teeth with dental floss. Important of this effort is to remove plaque that attaches to the teeth. Research shows that if all plaques are carefully cleaned every 48 hours, gum disease in most people can be controlled. But for tooth decay it should be more frequent. Many experts argue that brushing your teeth twice a day is enough (Ratih Ariningrum, 2010).

Based on table 5 there are children with the incidence of dental caries in puskesmas care kutapanjang. Caries is a chronic process that begins with the soluble of email minerals as a result of impaired balance between email and its surroundings caused by the formation of microbial acid from substrates (medium food for bacteria), the destructiveness of organic components and eventual cavitation (A.H.B Schuurs, 2013). Signs and symptoms of Tarigan tooth caries (2014) include: a. There is a chalk-like white spot on the surface of tooth b. Looks like a hole in the tooth. c. black color at the early caries stage. D. It often feels like a hole in the dentil. E. Pain throbbing in the teeth to the head. F. There is pain when exposed to cold water, and food entry especially at night. G. If it is severe there will be inflammation and pus. The results of a 2017 study by Sumarti in Gunungpati Sub-District of Semarang by looking at the observation sheet of routine dental examination data in the area showed that the respondents on average brushed their teeth less than twice a day showing that children aged 4-6 years in the area had 94 respondents who experienced caries of the firstborn teeth and 6 respondents who did not experience the first-born giges caries. This shows that respondents with the incidence of the first-born tooth caries were more likely than those who did not experience the caries of the firstborn teeth (Sumarti, 2017).

According to the researchers' assumption tooth caries disease is caused by high consumption of cariogenic foods, but is not offset by good teeth cleaning habits.

Based on table 5 the highest level of consumption of cariogenic foods is high and children with low consumption of cariogenic foods do not have dental caries in children. Based on the chi-square test obtained a significant value p value $(0.015) < (0.05)$ there is a significant relationship between Cariogenic Food Consumption and the Incidence of Firstborn Dental Caries in Children Aged 4-6 Years in Puskesmas Care Kutapanjang. The results of this study are

reinforced by previous research (Sumarti) which stated that there is a relationship between diet and tooth brushing habits with the prevalence of dental caries in children. A person's diet affects the light weight of caries, it can be seen on average 15.8% known that a sweet diet affects the light weight of caries, i.e. the more sweet eating, there is a tendency more and more have above average caries (> 2) and from the Chi-Square test there is a significant relationship

According to B. Houwink (2010), food that is sticky and attached to the surface of the tooth and tucked between the cracks of the teeth is the most detrimental food for dental health. It is a food that can trigger tooth decay, which is a food rich in sugar.

The frequency of eating and drinking sweetly causes not only erosion but also tooth decay or caries. The consumption of eating sugary foods during leisure hours will be more dangerous than during primary meal times. There are two reasons: sugar contact with plaque becomes extended with sugary foods that produce a lower pH and therefore acid can quickly attack teeth. The second is that the normal high concentration of sugar contained in sweet foods will make plaque more formed (Ratih Ariningrum, 2010).

Other factors that also influence include the behavior and lifestyle of children such as the habit of eating and candy, the addition of sugar to milk as well as the penchant for drinking soft drinks, the frequency of tooth brushing and the use of toothpaste. Non-behavioral factors of the child such as age, gender, body mass index, white spot, black fisur, crammed teeth, systemic diseases, pH saliva (saliva) and plaque pH. In addition, the mother's knowledge of dental health factors influences her actions in caring.

Based on the results of research on education respondents are known to be more educated elementary school. This is based on the results of wawacara to the mother that after graduating from elementary

school. Respondents with primary school education could not receive any knowledge of health information including about dental health in children. In fact, this respondent's education was directly proportional to the knowledge of dental health, namely the incidence of caries in children as a result of the high frequency of sweet food snacks. Therefore, the education of respondents who are associated with providing cariogenic foods to children with notoadmojo opinion (2013) which states that education is a learning process, the higher the respondent's education, it is expected that the insights that he has will be broader so that his knowledge will also increase, in contrast to the low education of the respondent, will narrow the insight so that it will decrease knowledge, including the respondent's knowledge of the occurrence of dental caries in the child.

According to the researchers assumption that sticky food attached to the surface of the teeth and tucked between the crevices of teeth is the most detrimental food for dental health. It is a food that can trigger tooth decay, which is a food rich in sugar.

Teeth Brushing Habit with the First-Born Dental Caries in Children Aged 4-6 Years Old at Kutapanjang Care Center

Based on table 5 can be seen the ness of brushing the teeth of the low majority there are dental caries and children who brush high teeth there are no dental caries in the child. Based on the chi-square test obtained a significant p value ($0.001 < (0.05)$) there is a significant link between brushing your teeth with the incidence of the first-born dental caries in children aged 4-6 years in the care center.

The results of this study are reinforced by previous research (Sumarti) which stated that there is a relationship of diet and habit of brushing teeth with the prevalence of dental caries in children. The results of the analysis of the relationship between the habit of brushing teeth with dental caries showed that respondents who

had a habit of brushing good teeth with no dental caries as many as 25 respondents (55.6%) while those who had a habit of brushing their teeth were less good with no dental caries as many as 4 respondents (18.2 %).

In general, diseases that attack the teeth begin with the absence of plaque in the teeth. Plaque arises from food waste that settles on the lining of the teeth which then interacts with bacteria that are widely present in the mouth, such as *Streptococcus mutans*. The plaque will dissolve the email layer on the tooth so that it will gradually thin out. That's why brushing your teeth after eating is the most important thing to avoid cluttering teeth plaque (Ismu Suwelo, 2012).

According to Rasinta Tarigan (2013), the recommended frequency of tooth scraping is twice a day, namely the morning after breakfast and the night before bed. Ideally it is to brush your teeth after a meal, but the most important effect is the night before bed. The goal is to get dental and oral health and breath fresh. There is a significant relationship between the habit of brushing teeth with the onset of caries in grade VI school aged children at SD Negeri 135 Palembang with p-value = 0.008

In general, the state of children's dental hygiene is worse and children are more wrong in brushing teeth that cause caries than adults. The child's habit of brushing their teeth is only intended to refresh the mouth, not because it understands that it is good for dental health, so the child tends to brush their teeth at will and impacts on the problem of tooth decay due to the lack of attention to dental hygiene (Septiyani, 2012). In general, children who experience dental caries ranging in age from 6-12 years old, but from various studies, who experience dental caries include children aged 10-12. The process of caries does not take place in seconds or in a short period of time, but in a matter of months or years. Dental caries occur through several stages and are influenced by several factors in them and go through several processes

with the demineralization and remineralisation process in the teeth (Gunawan, 2013).

CONCLUSION

From the results of research and discussion, the following conclusions can be drawn:

1. The level of consumption of cariogenic foods in children in Puskesmas treatment kuta long majority high in consuming cariogenic foods
2. The habit of brushing teeth in children in the treatment center is low majority.
3. Based on the results of chi-square significant value p value (0.015) < (0.05) means There is a significant relationship between The Consumption of Cariogenic Foods With The Incidence of The FirstBorn Tooth Caries In Children Aged 4-6 Years In Puskesmas Kutapanjang Care
4. Based on the results of chi-square significant value p value (0.001) < (0.05) means There is a significant relationship between the habit of brushing your teeth with the incidence of the first-born dental caries in children aged 4-6 years in the care center Kutapanjang.

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