Common Factors Associated with Subjective Symptoms of Oral Dryness and Thirst in Junior and Senior High School Girls

Takashi KANEHIRA, Junji TAKEHARA*, Kimiya NAKAMURA, Ryo MIYAKE, Okahito HONDA* and Manabu MORITA**

Dental Clinical Division, Hokkaido University Hospital
*Department of Oral Health Science, Graduate School of Dental Medicine, Hokkaido University
**Division of Oral Health, Department of Social and Environmental Sciences, Graduate School of Medicine, Dentistry and Pharmaceutical Sciences, Okayama University

Abstract: This study investigated the factors commonly associated with subjective symptoms of oral dryness and thirst, such as dry mouth, stickiness of the oral mucosa and difficulty in swallowing, in junior and senior high school girls. The subjects were 143 junior high school girls and 854 senior high school girls (total: 997). Results of multiple logistic regression showed that 1) factors significantly associated with subjective symptoms of stickiness of oral mucosa were stuffy nose, mouth breathing and stress, and 2) factors significantly associated with subjective symptoms of difficulty in swallowing were age, skipping meals, eating fast foods, drinking water or tea when eating a meal, stuffy nose and stress.

The results of this study showed that stuffy nose and stress, but not dietary habits, were common factors associated with subjective symptoms of dry mouth, stickiness of oral mucosa and difficulty in swallowing.

Key words: Oral dryness and thirst, Difficulty in swallowing, Stickiness of oral mucosa, Dietary habits, Stuffy nose, Stress