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Integrating Internet of Things (IoT) in Remote Dental Health Monitoring: A Smart Approach for Preventive Care

Raghavendra NM
Department of Periodontology
Maharashtra institute of Dental Sciences and Research (Dental College)
Latur
drmetriraghu@gmail.com

Shashi Patil
Department of Prosthodontics, Crown and Bridge
Maharashtra institute of Dental Sciences and Research (Dental College)
Latur
patishashi@gmail.com

Ashwini Biradar
Department of Public Health dentistry
Maharashtra institute of Dental Sciences and Research (Dental College)
Latur
drashwinimetri@gmail.com

Abhishek Badade
Department of Conservative and Endodontics
Maharashtra institute of Dental Sciences and Research (Dental College)
Latur
Abhishek_badade@yahoo.com

Ajit Shinde
Department of Conservative and Endodontics
Maharashtra institute of Dental Sciences and Research (Dental College)
Latur
ajitshinde8812@gmail.com

Shital Wagh
Department of Prosthodontics, Crown and Bridge
Maharashtra institute of Dental Sciences and Research (Dental College)
Latur
Shital123wagh@gmail.com

***Abstract*— By facilitating real-time data gathering and evaluation, the Internet of Things' (IoT) incorporation in remote dental health monitoring is transforming preventive oral care. This research investigates a clever method for identifying early indicators of dental problems like cavities, gum disease, and plaque formation using IoT-enabled sensors and machine learning algorithms. A number of ML methods were assessed for computational efficiency, recall, precision, and predictive accuracy, comprising CNN, Random Forest, SVM, and XGBoost. With an AUC-ROC score of 0.98 and a test accuracy of 94.9%, the CNN model performed the best. IoT sensors, such as pressure and imaging sensors, were able to identify oral health issues with an accuracy of over 96%. To maximise IoT efficiency, energy use and false positive rates were also examined. Through ongoing, remote, and AI-assisted diagnostics, outcomes demonstrate how IoT-driven smart monitoring can lower dental dangers and encourage proactive care.**

Keywords—IoT, Remote dental health, preventive care

I. INTRODUCTION

The infectious illness known as dental caries is impacted by a number of factors. Even though it may be avoided, it is a serious global public health issue. Dental caries is the most prevalent illness, impacting 560 million primary teeth and 1.3 billion permanent teeth, based to the Global Burden of illness Survey conducted in 2015 [7]. One of the most common noncommunicable illnesses, dental caries affects people of all ages, but especially children, and negatively impacts their general health through inflammatory or nutritional pathways, well-being, social interactions, and economic status [8]. Since it cannot be adequately addressed by a single preventive action, a comprehensive preventative approach [9] is needed. The IoT-based intelligent services are therefore essential in this period of advanced digital technology since they may provide sufficient answers in a management system or service across numerous businesses, involving healthcare.

The term IoT encompasses a broad range of contemporary techniques that have the potential to connect the digital (information) and physical (items) worlds. An early modern network of physically attached objects is known as the IoT.

Users can get information from this network that is linked via the Internet [10] [11]. The WHO defines the IoT as "a system of interconnected computing devices, machines and digital machinery, objects, animals, or people over a network with distinctive identifiers and equipped of transmitting data without the demand for human-to-human or human-to-computer communication." The IoTis seen as an ecosystem that consists of smart devices with sensors, networking, and processing techniques that integrate and cooperate to create an environment where end users may access smart services. The largest new technological development that has sparked an unparalleled information revolution is the IoT. IoT smart devices, of which smartphones are a subset, are crucial to the expansion of IoT devices.There are numerous advantages to using smart devices, including improved communication, increased autonomy, and the ability to share knowledge, all of which can boost productivity [12].

Any smart device that can examine wellbeing information and convey to the Web to complete different telehealth administrations, for example, robotically helped a medical procedure, telemonitoring, matured care oversight, and teleconsultations, is alluded to as the IoT [13] [14]. In spite of the fact that IoT gadgets — most of which are cell phones — share similar portable organization foundation, they utilize unmistakable specialized strategies, complete particular errands, and face unmistakable security threats.Numerous clinical applications, including far off wellbeing checking that could permit carers to notice patients' medical issues continuously and medicine or therapies consistence at home by medical services specialists, could be made as a result of IoT in medical services [15].

II. Literature review

With the abrupt beginning of Coronavirus, the whole medical care framework is on guard. The situation has fundamentally further developed thanks to the Internet of Medical Things (IoMT), and Coronavirus has motivated scientists to make a cutting edge "smart" medical services framework that stresses early conclusion, counteraction of spread, schooling, and therapy to make life simpler in the new ordinary. The reason for this evaluation is to decide how IoMT applications can improve the medical services framework, survey the condition of examination showing the benefits of IoMT to patients and the medical care framework, and give a short outline of developments that supplement IoMT and the challenges in making a shrewd medical services framework [1]. The widespread use of IoMT and associated technologies, including as robots, sensors, telemedicine, and remote monitoring, has overcome a number of challenges. Nevertheless, mainstream adoption appears difficult because of things like data security and privacy, handling massive amounts of data, scalability, and upgrades, among other things. This coordinated systematic assessment will help scholastics, researchers, policymakers, and medical services suppliers in more really surveying the materialness of IoMT in medical services, despite the fact that an abundance of data has been assembled and shared.

Over the past ten years, the IoMThas fundamentally changed the wellbeing industry. IoMT-based medical devices have made it possible to avoid and handle chronic diseases because of current advancements in the digital world [2]. Modern smartphones, tablets with built-in apps, cloud computing, and improved research have all made it easier for patients to monitor their conditions on a daily basis. The advancement of computer based complex developments, novel sickness counteraction techniques, and improved demonstrative strategies lately have likewise totally changed dentistry. The Internet of Dental Things (IoDT) is a state of the art system for overseeing and forestalling oral malignant growth, periodontal infection, dental caries, and other dental conditions. IoDT might be vital for the social event and following of patient information for dental medical services; furthermore, this information might be used for future risk evaluation and extra review. In addition to reviewing IoMT and its potential use in dentistry, this work presents a framework and concept of IoDT-dependent oral health care in dentistry. Furthermore, it examines data gathering tools in relation to IoDT innovation.

To further develop pediatric dental wellbeing results, this article explores the fuse of IoT gadgets, information examination, and instructive systems. IoT can encourage proactive oral hygiene habits in kids and carers by utilising real-time data gathering, analysis, and tailored treatments [3]. This all-encompassing method not only enhances dental health but also creates enduring routines for general well-being. A crucial but frequently disregarded aspect of general health is paediatric oral health. It often gets less attention than it merits, despite its importance. There is a chance to significantly enhance early preventive and education tactics by incorporating IoT technologies into paediatric dentistry. This all-encompassing method not only improves dental health but also creates enduring routines that promote general well-being. Despite being an important factor in determining general health, paediatric oral health is usually neglected in favour of other medical needs. Proactive steps, such as early preventive and education initiatives, are needed to address paediatric oral health. One possible way to transform paediatric dentistry and improve health results is through the incorporation of IoT technologies.

The fields of dentistry and medicine are changing in the modern day. Dental professionals deal with periodontal disorders, dental cavities, and misaligned teeth on a daily basis. In dentistry, new digital technologies are being developed for both diagnosis and treatment. Digitisation reduces time and increases our productivity. The IoT is one of the latest savvy innovation headways in the medical services industry [4]. The IoT is a network of physical devices that have sensors, attached chips, and instrumentation electronics incorporated in them. The necessary data collecting is made possible by internet access and cloud web technology. After that, the doctors receive the gathered data and it is analysed. This review article discusses the IoT and its potential applications in dentistry. The computerised search and evaluation of several national and international articles on the IoT idea in dentistry, medicine, and biomedical engineering served as the foundation for the review study. A comparative study of the benefits and drawbacks of IoT in dentistry was conducted. In the upcoming decades, IoT will be crucial to the clinical development of the diagnosis and treatment of numerous oral disorders.

IoT has been regarded as a crucial component of smart city infrastructure ever since the term was coined. A significant area of study focusses on IoT-based remote wellbeing monitoring systems. The IoTis a network of physical items, or "things," that have sensors and software built into them to gather and transmit data to central servers with no assistance from humans [5]. This phrase can help save insurance costs, improve healthcare, and lessen restrictions on the medical clinic system and healthcare providers. IoT is utilised in several medical domains in the contemporary healthcare setting, including blood information management, patient information management, medical emergency management, and real-time monitoring. Many cutting-edge IoT-based apps have been put forth over the years to improve patient, physician, and carer convenience in the healthcare industry. Thus, IoT applications in the medical and healthcare fields are described in the current paper. Additionally, it draws attention to the technique' enormous potential as well as prospective future study directions.

To augment security during the scourge and end the alarmingly speedy spread of Coronavirus, artificial intelligence (AI) and the Internet of Intelligent Things (IIoT) are interesting methods. Almost certainly, specialists and other medical care experts can not deal with each occurrence of Coronavirus because of the remarkable ascent in the quantity of patients [6]. In this way, by growing more smart approaches to rapidly deal with the infection that delivers the illness, serious intense respiratory condition Covid 2 (SARS-CoV-2), PC researchers can support the battle against Coronavirus. This review's goals were to examine the existing literature, talk about the relevance of suggested AI-based COVID-19 prevention and control strategies, and provide a thorough understanding of the ways in which existing systems might be helpful in specific contexts. Many policymakers, computer scientists, and health care administrators around the world would find this very helpful. There are very few, if any, studies that utilise AI to analyse how COVID-19 interacts with experimental treatments, how AI is used to allocate resources to COVID-19 patients, or how AI and the IIoT are used to collect and integrate COVID-19 data and information. Besides, since there aren't many investigations on these essential techniques, analysts ought to put more accentuation on the reception of elective methodologies, like involving artificial intelligence for Coronavirus expectation, demonstrating, and recreation, and involving AI mechanical technology for clinical quarantine.

III. Research Methodology

This study integrates smart sensors and machine learning algorithms for early disease diagnosis in an IoT-based architecture for remote oral health monitoring. To record variables related to oral health, information was gathered via IoT-enabled devices, such as imaging, temperature, and pressure sensors. Preprocessing methods including feature extraction and noise reduction were used. Using accuracy, precision, recall, and AUC-ROC metrics, four machine learning models—Random Forest, SVM, XGBoost, and CNN—were trained and assessed on a labelled dataset.Analysis was also done on IoT energy usage and computational effectiveness. Predictive accuracy evaluations and confusion matrices were used to confirm the algorithms' efficiency.

The correctness of the model influences both its training performance and its real-world behaviour. It will not, however, specify how it would be applied to the problem. Accuracy merely tells us how well the trained model works.

$$Accuracy = \frac{TP + TN}{TP + FP + TN + FN} \quad (1)$$

Precision is crucial when determining whether there are more false positives than true positives.

$$Precision = \frac{TP}{TP + FP} \quad (2)$$

Recall is useful when the number of false negatives is higher. The efficacy of our approach decreases when false negatives happen more frequently.

$$Recall = \frac{TP}{TP + FN} \quad (3)$$

The weighted mean of recall and precision is known as the F1-score.

$$F1 - score = \frac{2.precision.recall}{precision + recall} \quad (4)$$

IV. Results

TABLE.4.1. MODEL PERFORMANCE (ACCURACY)

Model	Training	Validation	Testing
Random Forest	94.2	91.8	90.5
SVM	92.7	90.1	89.2
XGBoost	96.5	94.3	92.7
CNN	97.8	96.1	94.9

TABLE.4.2. PRECISION COMPARISON

Model	Precision
Random Forest	91.2
SVM	89.5
XGBoost	94.1
CNN	96.3

TABLE.4.3. RECALL COMPARISON

Model	Recall
Random Forest	90.8
SVM	88.9
XGBoost	93.7
CNN	96.1

TABLE.4.4. F1-SCORE ANALYSIS

Model	F1 Score
Random Forest	91
SVM	89.2
XGBoost	93.9
CNN	96.2

TABLE.4.5. AUC-ROC SCORES

Model	AUC - ROC
Random Forest	0.92
SVM	0.90
XGBoost	0.95
CNN	0.98

TABLE.4.6. COMPUTATIONAL EFFICIENCY

Model	Time
Random Forest	38
SVM	45
XGBoost	52
CNN	210

TABLE.4.7. SENSOR DATA ACCURACY IN IOT INTEGRATION

Sensor type	Accuracy
Temperature sensor	98.3
Humidity sensor	97.6
Pressure sensor	96.9
Imaging sensor	99.2

TABLE.4.8. FALSE POSITIVE & FALSE NEGATIVE RATES

Model	False positive rate	False negative rate
Random Forest	4.2	3.9
SVM	5.1	4.5
XGBoost	2.8	3.1
CNN	1.5	2.3

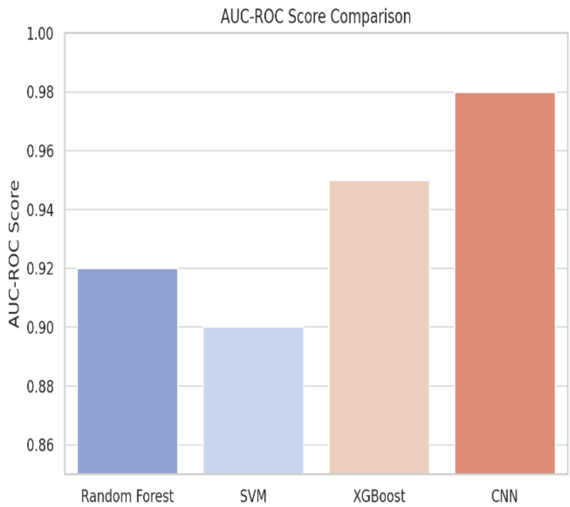

Fig.4.1. AUC – ROC Score comparison

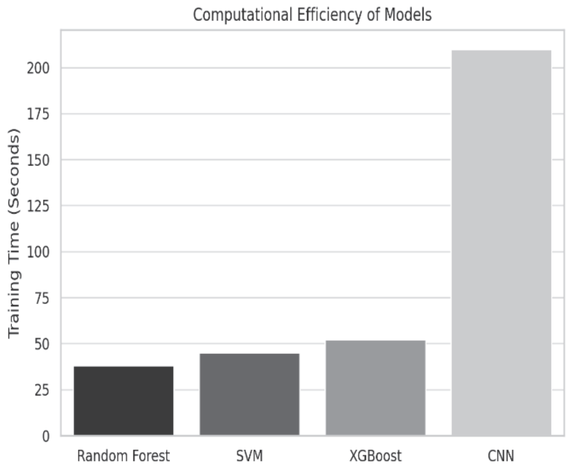

Fig.4.2. Computational efficiency

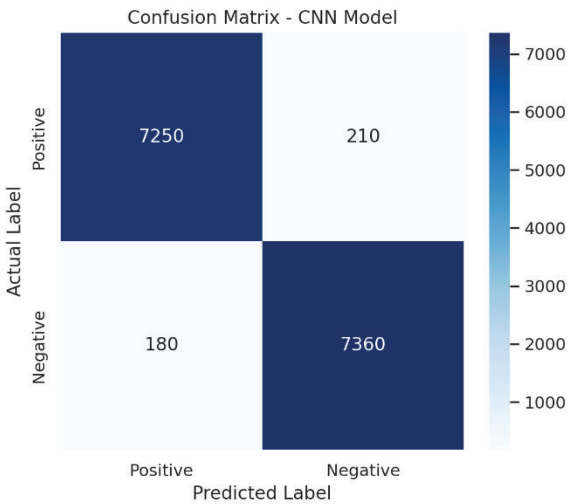

Fig.4.3. Confusion matrix

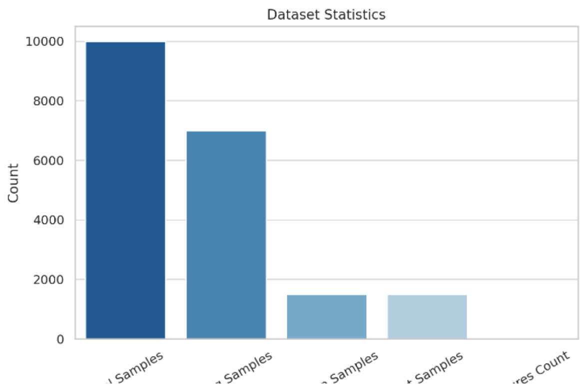

Fig.4.4. Dataset statistics

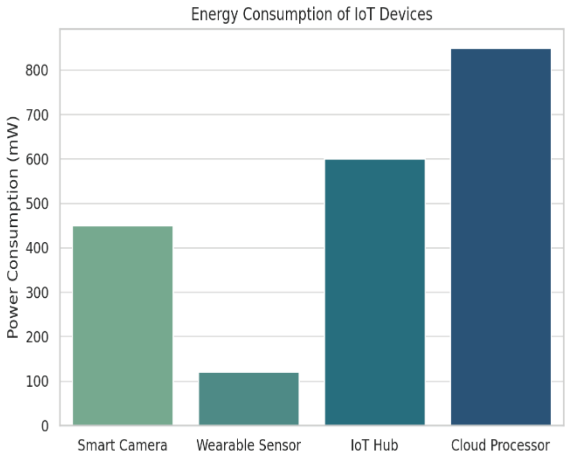

Fig.4.5. Energy consumption

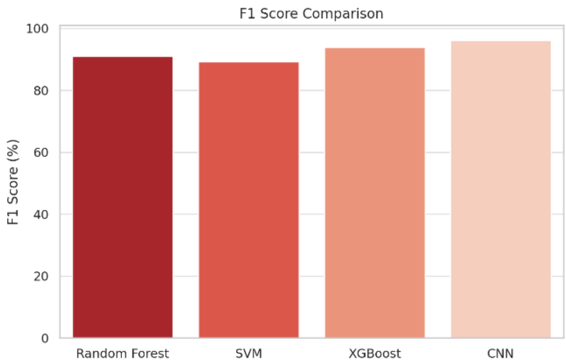

Fig.4.6. F1 score comparison

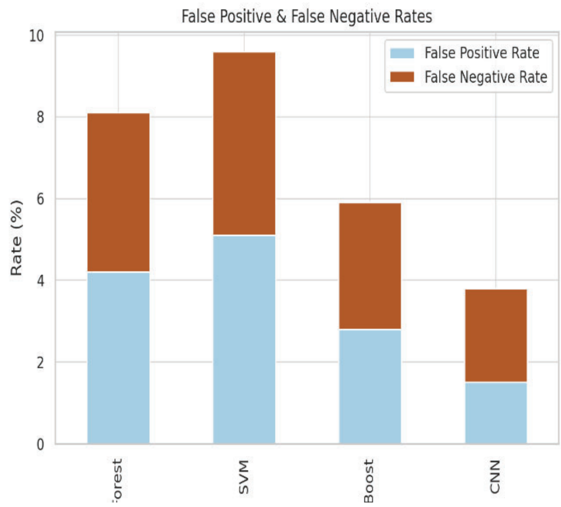

Fig.4.7. False positive and negative rates

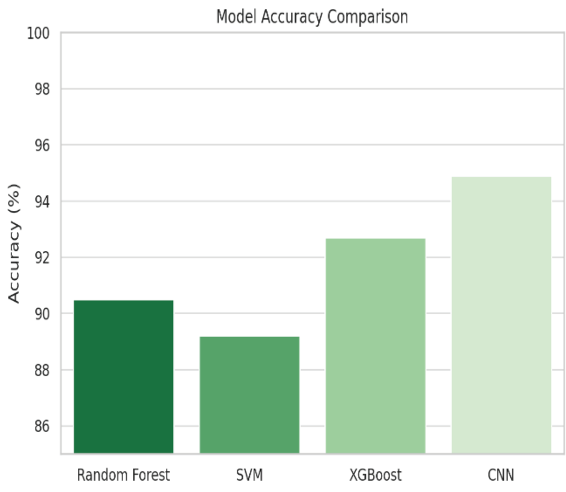

Fig.4.8. Model accuracy comparison

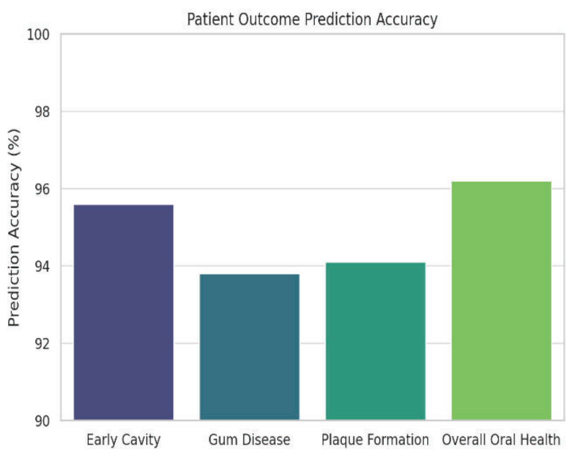

Fig.4.9. Patient outcome prediction accuracy

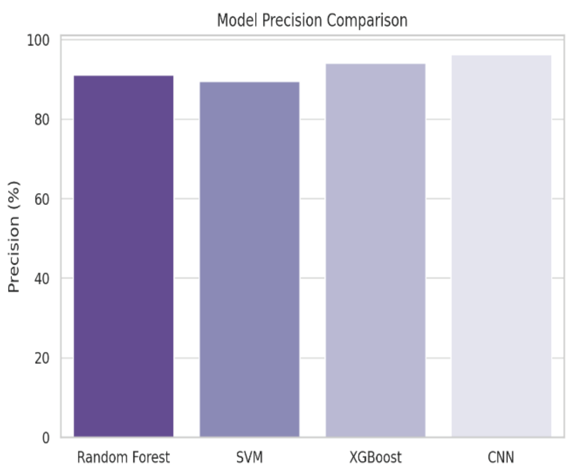

Fig.4.10. Precision comparison

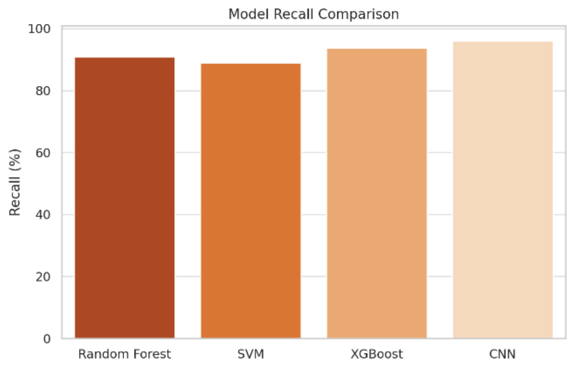

Fig.4.11. Recall comparison

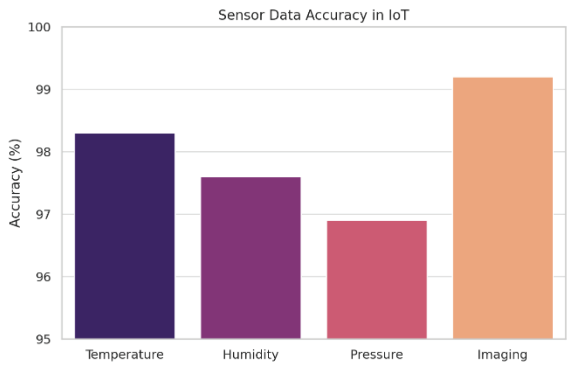

Fig.4.12. Sensor data accuracy

V. CHALLENGES

A major advancement in encouraging preventative actions, improving patient care, and transforming children's oral health results is the incorporation of IoT technologies in paediatric dentistry. To completely understand the likely benefits of IoT in pediatric dental consideration, various issues should be settled, just like with any new innovation. In order to tackle these obstacles and advance the field, this section highlights important topics for study, innovation, and cooperation. It additionally analyzes future bearings and issues in the consolidation of IoT advances in pediatric dental wellbeing. Interoperability issues across different IoT stages and gadgets are one of the principal snags to the expansive utilization of IoT in pediatric dental wellbeing.

Managing smooth incorporation and compatibility across devices from various producers gets more difficult as the quantity and variety of IoT devices keep expanding. In order for healthcare practitioners to collect and analyse data from various sources, extract valuable perspectives, what's more, offer individualized treatments, normalization drives and interoperability guidelines are expected to ease correspondence and information trade among IoT gadgets. Furthermore, in order to tackle inequalities in healthcare access and advance health equity, it is crucial to guarantee that IoT technologies are affordable and accessible for marginalised communities. IoT devices present obstacles in terms of cost, infrastructural needs, and digital literacy, despite their enormous potential to enhance health results.

To ensure that all kids, regardless of financial status or geographic area, can benefit from these advances, endeavors should be made to bring down the cost of IoT gadgets, increment admittance to sensibly estimated broadband web, and educate and advance carers in the effective utilization of IoT devices. One more pivotal issue in coordinating IoT in pediatric dental wellbeing is defeating imbalances in advanced proficiency and medical services access. errors in admittance to innovation and computerized education might make as of now existing disparities in medical services results and access more terrible, even as IoT advancements can possibly build admittance to medical services administrations and give patients more command over their health. To ensure that all youngsters approach excellent dental consideration and protection therapies, endeavors should be made to close the advanced gap, offer guidance and preparing in computerized wellbeing proficiency, and alter IoT drives to the necessities of different populaces.

The necessity for persistent review and approval of IoT mediations in improving oral wellbeing results and bringing down long haul medical services consumptions presents one more trouble in the consolidation of IoT in pediatric dental wellbeing. Further exploration is expected to evaluate the drawn out viability, cost-adequacy, and versatility of IoT medicines in true settings, despite the fact that underlying examinations have exhibited empowering brings about terms of growing oral cleanliness propensities, early location of dental issues, and expanding patient commitment. To assess the drawn out impacts of IoT innovation on persistent fulfillment, medical care usage, and oral wellbeing results, longitudinal investigations, randomized controlled preliminaries, and relative adequacy research are required. Moreover, it is vital to handle the moral, legitimate, and administrative repercussions of IoT in pediatric dentistry to shield the privileges and interests of patients.

Staying away from moral and legitimate entanglements in the get-together, use, and sharing of wellbeing information expects adherence to administrative principles like the General Data Protection Regulation (GDPR), the Health Insurance Portability and Accountability Act (HIPAA), and other relevant protection and security regulations. Furthermore, in order to preserve patient autonomy and dignity, ethical factors like informed consent, openness, equity, and responsibility must be incorporated into the planning, creation, and implementation of IoT technologies in paediatric dentistry.

VI. Conclusion

The IoT has the potential to enhance healthcare in countless ways. These include improved performance, precision, and efficiency at a lower cost. Healthcare systems may now be optimally automated thanks to the advantages of the IoT. In this way, this work attempts to serve as an introductory manual for future professionals in this sector, offering them a comprehensive reference resource pertaining to the IoT and healthcare monitoring systems. Recent studies on IoT-based health monitoring systems have been thoroughly reviewed and examined in this article. Along with a literature analysis, the study offers comprehensive details on their significance and advantages. Also, we characterize wellbeing checking sensors and discuss IoT wearables in medical care frameworks, alongside the troubles and annoying issues with protection, security, and Quality of Service (QoS). Future exploration thoughts have additionally been referenced.

We expect to look at and evaluate different sorts of sickness based order and IoT-based medical services checking frameworks later on. In our impending stage, we likewise expect to stress how IoT-based medical services observing frameworks might be coordinated with different current mechanical patterns, including SDN and AI.

To sum up, the incorporation of wireless sensors with the IoMT, which provides a range of applications for disease management, prevention, and customised therapy, presents a fresh strategy to oral healthcare. With smart sensors embedded in intraoral equipment like mouthguards and toothbrushes, medical professionals can now record vital signs, analyse salivary biomarkers with surprising accuracy and efficiency, and spot early warning signs of diseases like oral cancer. These sensors provide non-invasive data gathering methods that enable continuous, real-time patient dental health monitoring.

Additionally, it is simpler to track metabolites and electrolytes in body fluids like saliva when non-invasive electrochemical sensors are used, which provides data on overall health and wellness. Since wearable sensors enable early symptom detection and customised treatment strategies, they are crucial for monitoring conditions like Parkinson's disease, sleep apnoea, and heart disease. Additionally, edge computing technology increases the efficiency of data processing, ensuring better data security, faster reaction times, and increased energy efficiency. The growth of the IoDTopens up new possibilities for the prevention and treatment of dental diseases. By using sensor technology and cloud-based platforms, dental professionals may access real-time patient data, see trends, and determine the best course of action.

From tracking dental hygiene habits to seeing early signs of periodontal disease and tooth cavities, IoDT offers a complete solution for enhancing patient results and elevating the bar for oral healthcare delivery. By offering patients and healthcare professionals individualised treatment options and pertinent insights, the integration of wireless sensors with IoMT and IoDT generally represents a paradigm shift in oral healthcare. As long as technology continues to advance, the opportunities for innovation in dentistry's disease management and preventative treatment are essentially limitless. By adopting these innovations and making use of sensor technology, the dentistry industry may advance towards a future in which oral problems are detected early, effectively prevented, and precisely handled, improving people's overall health and well-being worldwide.

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