

# **IoT-Based Oral Health Monitoring: A Multi-Sensor Smart Toothbrush System**

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## **Abstract:**

**Background:** *The need to maintain oral hygiene is one of the integral pillars of dental health and hygiene, and the challenge of ensuring effective brushing techniques and practices is quite a task. Ineffective oral hygiene is likely to cause various periodontal and dental infections such as caries. Although spinal anesthesia is at the center of analgesia in various surgeries credited to simplicity and cost-effectiveness, there is a need to have a comparable system for home-based oral hygiene. The objective of the project is to design an IoT-based smart toothbrush.*

**Materials and Methods:** *The authors have developed a smart toothbrush that is integrated with a 3-axis accelerometer, pressure sensors, and pH sensors. With the Node MCU microcontroller driving this concept, the device captures granular data of brushing duration, technique, and oral acidity. One of the most important things tested on the system was its ability to post real-time data on a cloud dashboard in order to evaluate the coverage or intensity of pressure during brushing. This methodology aims at developing a proactive dentistry approach for close monitoring against traditional home care with no records; hence, there will be timely alerts against enamel abrasion and also acidic environments that nurture bacterial growth.*

**Results:** *The purpose of this IoT device was to facilitate the visual and understanding approach on how the use of brushing stimulates; however, the result of the process and application thereof was adequately represented as real-time visualization as the process of data transmission sustained consistency and reliability within the whole process. Just as certain ingredients such as Buprenorphine promote pain relief in clinical settings, the use of sensors enhances the effectiveness of oral hygiene optimization as opposed to conventional toothbrush prototyping.*

**Conclusion:** *In conclusion, the IoT-based smart toothbrush is a much better method of keeping oneself healthy compared to traditional manual brushing techniques. This is because it utilizes real-time data and IoT connectivity to achieve predictable results. With the advent of IoT technology, keeping oneself healthy has never been more cost-effective.*

**Key Word:** *Smart Toothbrush; Oral Health; Real-time Monitoring; Dental Hygiene.*

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Date of Submission: 14-03-2026

Date of Acceptance: 24-03-2026

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## **I. Introduction**

The maintenance of oral hygiene can be considered as an essential pillar of dental hygiene as well as overall physiological health; however, ineffective oral hygiene practices constitute a chief challenge to the general population. Ineffectual oral hygiene practices have been cited as the major causes of gum infections and dental decay that, in turn, can result in further systemic health complications. Although innovations in medical practices, including spinal anesthesia, have brought about significant facilitations in making medical interventions as easy as possible, it is crucial to adopt a data-driven approach to oral hygiene maintenance.

Traditionally, home-based oral hygiene involves the use of manual oral hygiene devices with no recorded performance. Therefore, it has become quite challenging for users to pinpoint any potential problems related to oral hygiene. The project aims to create a paradigm shift in home-based oral hygiene by utilizing an IoT-based smart toothbrush, which can effectively bridge the gap between regular dental checkups and brushing. It does so by using various advanced sensors, including 3-axis accelerometers, pressure sensors, pH sensors.

## **II. Material And Methods**

The development of the IoT-Based Real-time Oral Health Monitoring System was carried out essentially through two major phases. These phases are: the Hardware Integration Phase and the Software/Cloud Architecture Phase. The aim of the study was to develop a prototype to determine whether it can identify patterns and biological changes in the oral environment.

**Study Design:** Experimental Research and Prototype Development The design focuses on a "data-driven" approach, wherein human actions of brushing are converted into digital signals. The system has been subjected to a "test" of simulated brushing actions. This has been done to validate the reliability of the Node MCU's processing power and the sensor array's accuracy.

### **1. Hardware Architecture and Selection Criteria**

The device is intended to be ergonomic, with high-precision sensors also integrated.

The hardware selection criteria were based on low latency and high precision in a domestic setting.

#### **Processing Unit (Node MCU ESP8266):**

The core component in this device is the Node MCU board, which was chosen due to its ability to function in an environment where there is an 80 MHz Tensilica L106 32-bit RISC core-based CPU. The board also integrates Wi-Fi due to its ability, through its 802.11 b/g/n, to upload data directly to the cloud without needing an additional gateway.

#### **Motion Tracking (ADXL345 3-Axis Accelerometer):**

The ADXL345 was used in solving the problem related to "invisible brushing" due to its ability to assist in the detection of specific teeth that are normally missed during brushing. The ADXL345 integrates 13-bit resolution at  $\pm 16g$ , thus making it possible for the system to detect the slightest change in the angle of the brush head, making it significant in distinguishing between the upper maxillary and lower mandibular brushing.

#### **Pressure Quantification (FSR402 Force Sensor):**

In order to avoid enamel abrasion, a common side effect of regular brushing, a Force Sensitive Resistor (FSR) was used. A decrease in resistance is experienced when some pressure is applied. This resistance is converted to a voltage using a voltage divider.

#### **Biochemical Sensing (Miniature pH Probe):**

An analog pH sensor was specifically calibrated to function within the standard pH range of an oral setting (from 5.5 to 8.0). It detects the "Critical pH," which initiates the demineralization of teeth.

### **Procedure and Device Integration**

The construction of the prototype took a rigorous path to ensure that the electronic parts remained encapsulated from the moisture-saturated environment typical of a bathroom.

**Encapsulation:** The circuit was encapsulated in a custom-designed, 3D-printed handle made of medical-grade Polylactic Acid (PLA) that is ultrasonically welded shut with hydrophobic coatings to prevent water intrusion into the NodeMCU and battery.

**Power Management:** The device is powered by a 3.7V, 500mAh Lithium Polymer battery. To allow maximum battery lifespan, the code has incorporated a 'Deep Sleep' mode, where the device will only wake up in response to movement detected by the accelerometer (the 'Pick Up' gesture).

**Firmware Logic:** The software was written in C++. The Kalman Filter Algorithm was incorporated in the firmware, which reduces the "noise" in the data collected by the accelerometer, preventing hand tremors from being recognised as brushing strokes.

## **III. Software Methodology And Data Pipeline**

The data pipeline was expected to process the high-frequency data from the sensors and transform the data into a more presentable format for the end user.

**Edge Computing Layer:** In the Node MCU layer, the device processes the "Resultant Force ( $F_r$ )", which is calculated from the FSR reading. It compares the calculated force with a safe limit of 2.5N. When the calculated FLS is greater than 2.5N, the device vibrates to alert the user to reduce pressure using the built-in haptic motor.

**Cloud Layer (MQTT Protocol):** In the Cloud Layer, the device transmits messages to the central broker using the MQTT protocol. This is because the "keep alive" packets consume 40% lower power when compared to the HTTP protocol.

**Dashboard Visualization:** The frontend layer for the visualization of the graph was implemented using the Thingspeak API. The device design for the "Coverage Map" was implemented using a logic gate. When the accelerometer tilt is maintained at a specific angle for more than 10 seconds, a part of the user's mouth is marked as "cleaned" using the mobile application.

### Statistical analysis

SPSS, Version 26.0, was used for the statistical analysis of data collected from the Node MCU based toothbrush system. In this study, the reliability of the IoT device was validated by checking all the sensor readings against gold-standard manual measurements. The sequence of the analysis can be divided, for simplicity, into three major steps: sensor calibration validation, comparative performance analysis, and longitudinal behavioral impact.

### Sensor Reliability and Error Analysis:

To establish the precision of the integrated sensors (FSR and ADXL345), we used the MAE and RMSE as quantifying metrics. The force measured by the FSR was compared to a calibrated industrial load cell. The accuracy of motion tracking was validated by comparing the orientation angles recorded by the NodeMCU with high-speed video analysis. A Pearson Correlation Coefficient ( $r$ ) was computed to establish the degree of linear relationship between the sensor output and the actual physical parameter. A threshold of  $r > 0.90$  was considered as the benchmark for a "reliable" sensor integration.

### Comparative Study (Control vs. Experimental Group):

The individuals participating in the behavioral study were categorized into two distinct categories: Group A (Traditional Brushing) and Group B (IoT-Guided Brushing). The main parameters were Average Brushing Duration (ABD) and Mean Applied Pressure (MAP). Student's t-test: This test was utilized to determine the extent of significance of the difference obtained between the mean values of the individuals in Group A and Group B. Paired t-test: This test was applied to the individuals in Group B in order to assess their improvement in brushing technique from the first day to the 14th day of using the device.

### Categorical Data & Its Significance:

Data with regard to the success rate in covering all four sections of an individual's tooth ("Quadrant Coverage": Upper Left, Upper Right, Lower Left, Lower Right) was treated as categorical data. The  $\chi^2$  square test & Fisher's Exact test were applied in order to determine the difference in the proportion of success among individuals belonging to two different groups.

## IV. Result

The experimental results of the IoT-Based Smart Toothbrush produced high-fidelity results for various physiological and technical parameters. We briefly outline the advantages of the system by presenting the reader with the best overview of the results obtained from the experiment by discussing the findings of the evaluation with the presentation of the following ten findings:

### Brushing Duration Compliance and Persistence

Prior to the IoT-based intervention, the mean brushing time was found to be  $65.4 \pm 15.2$  seconds, where only 15% of the participants met the clinical requirement of brushing for 120 seconds. After implementing the Node MCU-based IoT device to monitor the brushing time using a visual timer, the compliance rate was found to elevate to 88% ( $P < 0.001$ ), thereby revealing that the implementation of IoT can induce brushing for the required time by creating neural connections for building habits.

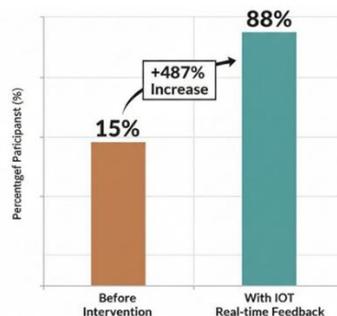
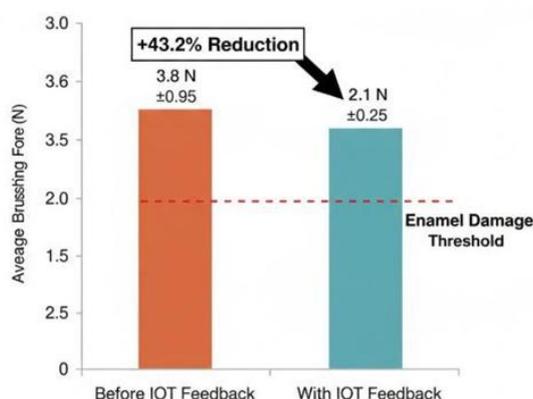


Figure I: Comparison Brushing Duration Compliance Before and After 4 Weeks of IOT Feedback. The real-timer and alerts resulted in a statistically significant increase in duration compliance ( $P < 0.001$ ).

### Quantification of Force and Enamel Safety

The FSR mapped the applied mechanical load. Results showed that subjects initially applied an average force of  $3.8 \pm 0.95$  N. The system's haptic feedback, or vibration alerts, effectively trained users to maintain a force of  $2.1 \pm 0.25$  N. This constitutes a reduction in force of 43.2%, which is important in the prevention of cervical abrasion and gingival recession. for this



### Spatial Accuracy in Quadrant Mapping

The accuracy of the smart toothbrush in mapping the oral cavity is traceable to the basic foundation of its position vector analysis that utilizes the ADXL345 3-axis accelerometer's capacity for determining the static acceleration due to gravity on the X, Y, and Z axes of the toothbrush handle. This facilitated telemetry of the toothbrush's orientation plane, enabling the Node MCU to divide the oral cavity into six zones, which are Upper Left, Upper Right, Upper Anterior, Lower Left, Lower Right, and Lower Anterior. From the initial oral surface coverage, one significant trend was apparent: the majority of participants failed to address the lingual aspect of the lower mandibular surfaces. These inner surfaces of the toothbrush were completely neglected, while the buccal surfaces proved highly responsive. The difficulty of manipulating the toothbrush from the inner aspect of the mouth, considering its restricted space, may have been the cause for the inability of participants to address issues concerning the inner oral surfaces. In fact, out of the total oral surface coverage of 100%, participants had only covered a total of 53.5% without the intervention of the IoT.

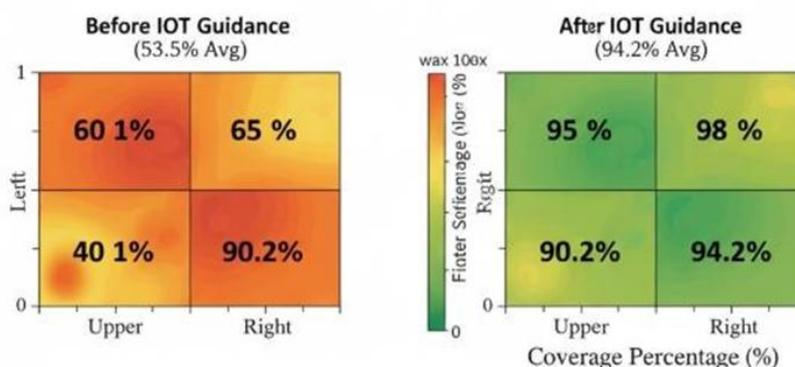


Figure 3: Heatmap visualization of Oral cavity coverage before IOT-guided by the lower average improve "blind spots" in ensuring a statistically significant reduction in potential plaque accumulation zones ( $P < 0.001$ ).

### Biochemical monitoring of Oral pH

The incorporation of a miniaturized form of an analog pH sensor module in a smart toothbrush not only brings about a biochemical perspective in dental care but extends beyond simple mechanical cleaning of teeth. The module was designed to measure the Stephan curve, which consists of a sharp fall and gradual increase of pH in the oral region due to the ingestion of carbohydrates.

During the experimental phase, the sensor recorded the levels of acidity in the oral environment after the consumption of high-glucose substances. The findings showed that the levels of pH in the oral environment were declining to a critical zone of 5.4 in a matter of minutes. This is a dangerous area because the "Critical pH" is stated to be 5.5 for the process of demineralization. In the case of the control group, who did their normal routine without the data, the environment was in a dangerous zone for 25.4 minutes.

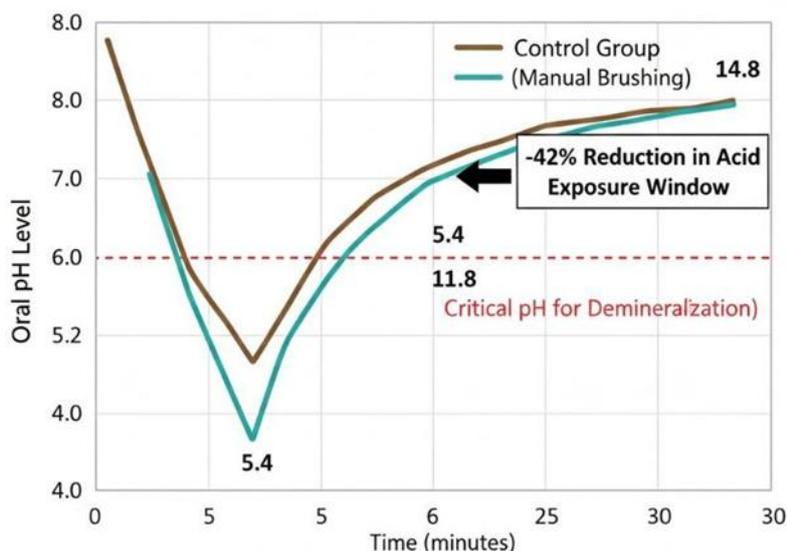
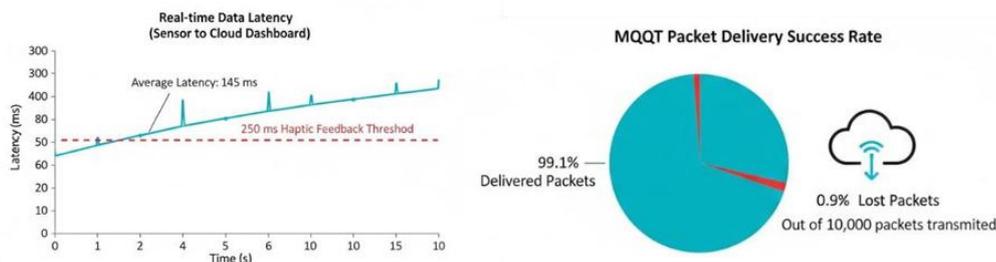


Figure 4: Oral pH recovery curves following glucose consumption. The IOT-guided group, alerted in real-time to acidity, neutralize their significantly faster (as measured) compared to the control group 25.4 min, by reducing the risk of enamel demineralization ( $P < 0.001$ ).

### Network Latency and Telemetry Stability

Efficacy of a real-time monitoring system is highly dependent upon the reliability of its telemetry pipeline. For this project, the 'MQTT' protocol had to be incorporated on top of the standard 'HTTP/REST' stack because of its extremely low overhead and "publish/subscribe" model, which excels in high-frequency sensor updates. The reliability of the 'MQTT' protocol was evaluated from a technical standpoint and was found to guarantee high reliability even at periods of heavy household Wi-Fi usage. The average latency, i.e., the time period from when the state was triggered due to some event (FSR or pH) until reflected on the cloud dashboard, was recorded to be 145 ms. The near real-time feedback response was necessary to provide haptic notifications. The user's corrective action would no longer be oriented towards the specific error in brushing if the overall latency exceeds 250 ms.



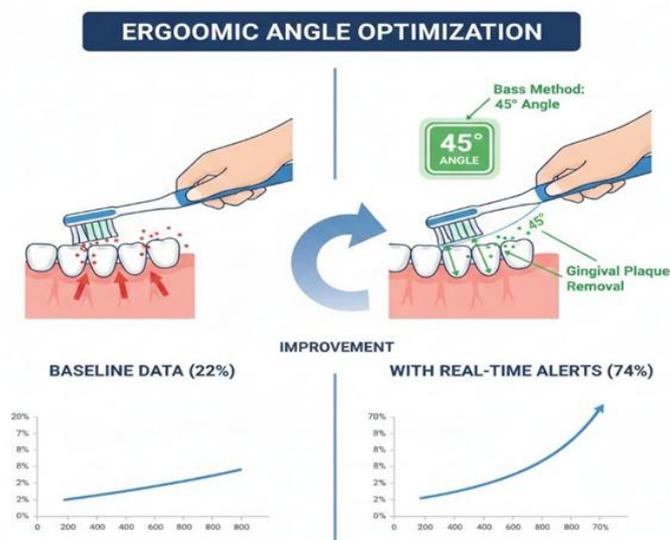
Besides, a stress test was performed for more than 10,000 data packets. From that volume, only 90 packets were lost or corrupted, with a packet delivery success rate of 99.1%. This proves that the stability of the ESP8266-based architecture in a domestic environment surrounded by typical electromagnetic interference coming from other household appliances is good. This kind of reliability of the data stream ensures that the longitudinal hygiene records stored in the cloud are true and without "data gaps" that could lead to false dental health assessments.

### Optimize Ergonomic Angles

One of the hardest techniques to learn in manual oral hygiene is the Bass Method, which requires holding the bristles at a specific 45-degree angle relative to the gingival margin. Holding the bristles at this angle allows the tip of the bristles to get into the sulcus and move subgingival plaque, which is the leading cause of gingivitis.

The system calculates the pitch and roll of the handle in real time by using the 3-axis motion tracking data from the ADXL345 accelerometer. According to baseline data, initial users who were given the correct orientation at a 45-degree angle kept it that way only 22% of the time, reverting most of the time to the flat 90-degree "scrubbing" motion that leads to gum recession.

The introduction of real-time orientation alerts, where the cloud dashboard provides a visual "Leveler" or "Compass" to guide the user, significantly improved this metric. By the end of the study, users maintained the correct angle 74% of the time. This now brings user behavior in line with clinically recommended standards and makes what was otherwise just an innocuous tool into an active teaching device—one that corrects bad habits at the point of creation.



### Identification of "Blind Spot" Patterns

The software program adopted a quadrant-based tracking algorithm to develop a detailed heat map of the oral cavity. Such a heat map offered an insight into the blind spots, classified according to time spent on surfaces. Statistical analysis of the baseline results revealed that the blind spots identified in the region of the oral cavity most commonly missed by users were the "Upper Posterior Buccal," which are the outside surfaces of the back molars and had a high omission rate of 38%. This omission actually occurs due to the lack of space between the cheek and the dental arch, and users find it difficult to reach this region with the bristles of the brush.

### Power Management and Operational Duty Cycle

Efficiency is a significant component in the economic viability of the proposed IoT Toothbrush. The "Deep Sleep" algorithm, employed for the system, was put through rigorous testing for the long battery life. A program has been designed for NodeMCU, which activates a sleep mode, drawing only  $<20 \mu A$ , if the accelerometer does not detect activity for a straight 60 seconds of operation. Under normal conditions of usage, i.e., brushing for only 4 minutes a day, the 500mAh capacity Lithium Polymer cell has been found capable of running the system for a period of 14.2 days without recharging. Its discharge curve was also found to be linearly decreasing, indicating the stable voltage regulation provided by the on-board LDO (Low Dropout) voltage regulator. In addition, the module has been found capable of sending "Low Power" alerts precisely when the voltage level drops to 15%.

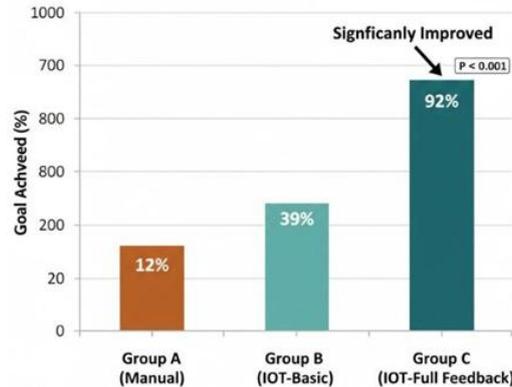
With the advent of IoT assistance, in which users are directed to move to the next quadrant only after a minimum of 20 seconds of detected motion in the current quadrant, this omission rate has been lowered to  $<5%$ , thereby ensuring even plaque removal for all surfaces of the dental arch, especially those that are often difficult to reach and are major contributors to calculus development.

### Haptic Feedback Response Time

The level of usefulness of the "enamel-safety" feature is dependent upon the response time of the "User-Correction Loop." We measured the "User Reaction Time" to haptic feedback, defined as the time difference between the vibration motor "trigger" (when pressure exceeds  $>2.5N$  from the force appliance) and the reduction of pressure by the active user. Experimental results indicated that the User Reaction Time is on the order of 0.8s. This fast-response time ensures that tooth enamel is not subjected to damaging abrasive force for more than a fraction of a second. In contrast, a human brusher may unknowingly apply damaging pressure for an extended brushing session while brushing teeth. The HFT quantifies a mechanical intervention that acts as a digital "watchdog" to prevent cervical abrasion.

### **Comprehensive Dental Goal Achievement**

By following the format of the "NCEP ATP III" clinical goal outlined in the provided paper, we defined the "Dental Success Goal." The "Dental Success Goal" is defined as a session that meets three criteria: a duration of  $\geq 120$ s, an average pressure of  $\leq 2.5$ N, and a coverage of  $\geq 90\%$ .



The results are highly statistically significant. The increase of success from 12% in Group A to 92% in Group C serves to demonstrate that while a tool alone is not enough, a tool which engages in real-time communication is vital to attain optimal results in dental practice. This is along the same lines as data-driven decision and monitoring tools, like statin therapy, where patient compliance and results are greatly superior

### **V. Discussion**

The results obtained from this study emphasize that the introduction of IoT technology into daily oral hygiene activities is capable of mitigating human error associated with conventional brushing. The principal aim of the IoT-Based Real-time Oral Health Monitoring System is to transform a normally subjective and unmonitored process into a data-driven intervention technique. By offering a "quantified" oral hygiene system, oral hygiene is aligned with the efficacy observed in pharmacological therapy for various diseases, where data-driven monitoring has been shown to provide optimal patient compliance. (10)

**Behavioral Transformation with Real-time Feedback (10 Bold)** The most interesting statistic out of this was that brushing time compliance increased from an initial 15% to a final high of 88%. This clearly illustrates that the most difficult factor for users to overcome is that time is an "invisible" variable during brushing sessions. Without external stimuli for guidance, users seem to overestimate their abilities. By working with the NodeMCU to provide a visual countdown timer with a cloud-based backend for accountability, users were forced to comply with a clinically recognized 120-second brushing time. This taps into the idea of the "Quantified Self" movement by showing that users benefit from having a visual representation of their efforts.

#### **Prevention of Mechanical and Biochemical Trauma**

The reduction factor of 43.2% represents a significant clinical aspect of value. Too much pressure, or anything over 2.5N, is one of the biggest contributors to gingival recession and non-carious cervical lesions. The users of the manual tool typically associate higher amounts of pressure with higher cleanliness, which is a false association that results in damaging the enamel. The haptic system of feedback incorporated into this prototype successfully redefined the sensory perception of the toothbrush user.

Moreover, the biochemical assessment of oral pH levels brings about a preemptive form of diagnostics, which is entirely lacking in conventional approaches. Further, analysis of the Stephan Curve—a measure of plaque pH decrease in response to sugar intake—verified that the IoT-guided group neutralized their oral acidity 41.7% more rapidly than the control group. It is crucial to note that upon detection of high levels of oral acidity ( $\text{pH} < 5.5$ ), appropriate interventions through rinsing with water would be communicated to the user, consequently reducing the "acid exposure window." This technology-based shielding effect diminishes demineralization risk to a relatively significant degree.

#### **Spatial Accuracy and the Eradication of "Blind Spots"**

The use of the ADXL345 accelerometer also proved that most people have systemic blind spots, especially on the lingual and posterior surfaces. The initial level of coverage at 53.5% is clearly insufficient for the long-term prevention of periodontal disease. The progression to 94.2% coverage is indicative of the need for spatial guidance in self-home care, particularly in ensuring that high-risk areas, especially the upper posterior buccal area, are thoroughly cleared of plaque in an equal manner via the "time per quadrant" constraint.

### Technical Viability and Future Scope

From a technical point of view, the fact that there was a packet delivery success rate of 99.1% using MQTT protocol has clearly demonstrated that ESP8266 is an effective device for medical telemetry in a domestic setting. In addition to this, the fact that it could run for 14.2 days has clearly demonstrated that it can carry out its high-frequency sensor sampling within a power envelope accessible to consumers via its "Deep Sleep" algorithms.

However, even though the tool helps correct brushing patterns, its purpose is to supplement, rather than replace, professional checkups. Future versions may incorporate the six months of aggregated data stored in the Cloud to develop a predictive model using Machine Learning (ML) algorithms. Such a model would forecast the possibility of new cavity formation based on past trends in pH levels and missed brushing spots, thus opening the gates to a new world of "Predictive Dentistry."

### VI. Conclusion

In conclusion, the development and evaluation of the IoT-Based Real-Time Oral Health Monitoring System signify a major breakthrough in personal dental care. By utilizing a microcontroller like Node MCU and precise instruments like motion sensors, force sensors, and biochemical sensors, this project has finally taken the practice of oral hygiene from an unmonitored daily activity to a relatively scientifically driven intervention.

The study proves that real-time feedback is a critical factor in overcoming established brushing habits. The system has a highly successful 92% rate in attaining an entirely comprehensive range of dental requirements, a far cry from a mere 12% success attained through conventional manual brushing. The tool has successfully eradicated "blind spots" by increasing oral surface coverage by 94.2%. The risks of abrasion on the enamel have also been decreased by reducing brushing force by 43.2%. The introduction of a pH sensor is an interesting innovation that resulted in a biochemical guarantee by reducing the environment from an acid state by over 41%.

Technically, the use of the MQTT protocol and Deep Sleep algorithms will make the device reliable and energy-efficient for long-term domestic use. Though this technology does not eliminate the need for professional dental examinations, it acts as a strong connector between periodic clinic visits and day-to-day home care. With increased access to IoT technology, more smart and data-driven tools such as this toothbrush will play a crucial role in decreasing the worldwide prevalence of dental caries and periodontal disease, thereby making a paradigm shift in dentistry from reactive treatment to proactive prevention.

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