

Achievements and Problems in the Prevention of Dental Caries and Periodontal Diseases

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Annotation: Prevention of caries begins during intrauterine development and should continue throughout life. Today we will talk about the prevention of caries in schoolchildren. During this period, false teeth are replaced by permanent ones. Teething and further maturation of enamel (further mineralization) lasts up to 15-17 years. This should be taken into account when determining the optimal diet of schoolchildren. This diet should include a sufficient amount of vegetables and fruits rich in vitamins and mineral salts. The amount of cereals, including bread, pasta and carbohydrates, should not exceed the recommended norms. Of particular importance is the diet. Setting a certain number of meals a day and avoiding foods with a high sugar content in between them can significantly reduce the likelihood of developing caries.

In the prevention of dental caries advanced tooth deformities prevention and elimination play an important role. To normalize the bite, the blockage of the teeth orthodontic treatment aimed at elimination reduces the possibility of caries.

Food and many that enter with drinking water from trace elements to fluoride caries has the most effect against. The most comprehensive way to prevent dental caries No. 3 (09) 2023 MEDICAL OT NA SHR IYOTI MA TBAA HOUSE 44 Artificial fluoridation of drinking water is currently the most common method is considered drinking water or separately food products (milk, salt, etc.) others) of fluoridation under impossible conditions.), fluoride optimal daily intake for the body based on the introduction of tablets possible Topical application of fluoride through tooth enamel caries durability can be increased.

It is applications, solutions, rinses, fluoride coating, teeth pastes, gels containing fluorine used in the form of cleaning with possible First permanent teeth with the emergence of a painless procedure called "crack sealing". to visit the dentist logically. Fluoride in all mastics is available. They help to resist the development of fissure caries and exists before its sealing able to stop the initial stages of Crack sealing, especially shown for children, because they are the enamel of the teeth not mature enough, cariogenic frequent eating and mouth crack due to poor hygiene most sensitive to caries. The presence of cariogenic microorganisms is associated with primary infection, its main source is the child's mother or are those who care for him. The level of caries-causing microorganisms in the mother's saliva and clearly between the risk of infecting the child there is a dependency.

There is a gap. [2,6] As a rule, cariogenic microflora when feeding a baby, from the spoon when licking the nipples of the baby with the mother's or grandmother's saliva when taking a sample enters his mouth. Prevention of the rapid increase of cariogenic microflora in the oral cavity of a child under 3-4 years of age protective factors are reduced. Therefore, even before the birth of a child, all family members should treat their teeth and take care of their oral cavity carefully. If the mouth of a pregnant woman cariogenic microflora in the cavity If there is a high titer, it is a risk of caries if it is high, then with dental treatment local antimicrobial therapy should also be used.

The occurrence of early childhood caries

Another important contributing factor is eating disorders. This is the night of parents to their child it happens if they give sweet water, juices, milk. In recent years, the growth of early caries is also associated with irregular, long night breastfeeding.

Almost after the eruption of milk teeth in early childhood caries immediately affected. The first diagnostic sign of future caries yellowish, often remove a large amount of plaque that is difficult. Then the first carious lesions are chalky in the form of spots, usually in front of the upper jaw teeth in the cervical region found on the surface. These tricks are very quickly (within 2-3 months) has a light yellow color will be in this place color, then career defects appear. Young children hygiene measures for the first tooth starts from the moment of release. Teeth are wet after eating and before going to bed gauze or special soft napkins wipe with (cloth finger pads), it is directed from the gum to the edge of the tooth. When the child gets used to these procedures, they they start using a brush.

Caries of temporary teeth modern trends in prevention - from the moment the first teeth erupt starting with fluoride toothpastes use This is especially true in drinking water like in Uzbekistan in areas with low iodine content is true for living children.

Fluoride is especially suitable for children who are prone to early caries development ISSN: 2181-4007 MEDICAL OT NA SHR IYOTI MA TBAA HOUSE 45 It is recommended to use toothpaste will be done. Parents under 7 years to avoid the risk of swallowing the dough teeth by children who have must monitor the washing process. 6-7 the first permanent molars erupt in children. There is no physiological change before them - they are the last lateral temporary teeth comes out behind, and as a rule, parents are less involved in this process they pay attention. These teeth are bad mineralized and accordingly This period is the risk of early caries in children high. Crowns are self-cleaning into deep pits that are difficult (cracks), these areas are more affected by caries.

The first permanent teeth erupted from the time of adult fluoride tooth paste (at least 1450 ppm F) should be used. In addition, to prevent fissure caries, dentists use special filling materials to fill deep cracks and pits they seal. This procedure, rule It is completely safe and painless. Dental deposits in the process of professional hygienic cleaning of teeth is removed and the dental grooves are cleaned. This is done both manually and with the help of a special ultrasound machine. After that, the surface of the teeth It is polished with special pastes to the appearance of a new plaque soon hinders and the whole procedure prolongs the effect. Fluoridation of subsequent stages.

One of the most important steps in the caries prevention system is fluoridation or remineralization. A procedure that saturates tooth enamel with fluoride ions is the mouth of the acidic environment in the cavity suppresses the effect and strengthens the enamel. Our dentistry is deep fluoridation of teeth also does. At the same time, dentist fluoride gel on teeth or applies varnish, which is tooth enamel in the process of interaction with makes it stronger.

The tooth structure has natural grooves called fissures. A crack It was found that the mineralization of tooth enamel in the area lasts much longer than in other areas of the tooth. Final ripening of hard tissues in the area of shocks and smooth surfaces occurs 3-6 months after the bite. And the ripening of the enamel in the area of cracks occurs 2-3 years after the eruption will be, so often caries is in the resulting cracks.

Summary. In the process of sealing cracks are "sealed" with special solutions, so even the deepest gutters are also filled and harmful Microorganisms destroy the enamel a protective barrier that does not allow to do is formed. In addition, fluorine contained within the filling, which is optimal conditions to the maturity of enamel contributes.

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