

CLINICAL ASPECTS OF CARIOUS INFLAMMATION OF TEETH IN CHILDREN

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Abstract: It has been established that a comprehensive approach to the prevention of dental caries in children, including oral hygiene, normalization of microflora, proper nutrition and timely implementation of dental procedures, allows timely prevention of various dental pathologies in childhood.

Keywords: children, caries, prevention, hygiene, microflora, oral hygiene.

The problem of caries in children remains relevant, because... aged 1-3 years the prevalence of caries is 12.2%, at 3-6 years - 57.7%, and after 6 years it reaches 85.4%* (K.P. Fedorov, 2011; E.J. Keepe, 2013, etc.), which is an indication for active primary prevention and treatment of dental caries in children. Along with the problem of dental caries, in preschool children in 68.5-95% of cases a negative attitude to dental interventions is revealed, which makes it difficult or impossible to treat dental caries and its complications. The high frequency of caries in children indicates the insufficient effectiveness of general and local preventive measures and confirms the relevance of this problem. Despite the use of various methods of prevention and treatment, caries remains one of the most common diseases of the oral cavity in children and adults. Traditional preventive measures, such as methods of improving oral hygiene, limiting the consumption of sugar-containing foods, sanitizing procedures of the oral cavity, removing dental plaque, fillings, are in some cases ineffective. In frequently ill children, the body's defenses are reduced, their immune status changes, intestinal dysbacteriosis develops, and the microflora of the oral cavity worsens. One of the important factors is determining the sensitivity of microorganisms to drugs in the treatment of oral diseases due to the emergence and widespread antibiotic resistance in bacteria.

Improving measures aimed at preventing caries in children through a differentiated approach to teaching children oral hygiene in the system of a comprehensive treatment and prevention program.

The results of using a differentiated approach to choosing methods of preventing caries in children were studied in the TGSi clinic in 50 children of different age groups. When distributing children by age groups (n=50), a significant proportion were children from 4 to 6 and from 10 to 14 years old.

When studying the structure of caries lesions in primary teeth in children, it was found that that in children aged 1 year, the lesion of the incisor group predominates. In all other age periods, molars occupy the first place, the share of lesions in which increases from 35% in one-year-olds to 89% in 6-year-olds, as a result of which the most important caries prevention of incisors. From the age of 2, the occlusal surface of molars is predominant in children, the share of which gradually increases from 32% in one-year-olds to 76% in 6-year-olds, therefore for children over 12 months, it is important to prevent caries of the occlusal surface of molars.

The main preventive measures are: oral hygiene; normalization of the gastrointestinal microflora; proper nutrition; timely implementation of dental procedures. Prevention of diseases of primary teeth should begin during the mother's pregnancy. The expectant mother needs to carry out diagnostic and therapeutic measures for her own teeth, since each diseased tooth is a source of infection that can cause problems with the child's oral cavity in the future. The embryo's organs are laid down in the first weeks of pregnancy. By the 13th week, the child's future teeth are already formed, and by the fifth month, the process of their mineralization begins. The basis for teeth is calcium and fluoride. Besides consuming vitamins prescribed to a pregnant woman by a doctor, you need to pay attention to nutrition: you need to include cottage cheese in your diet, dried apricots, fish, etc. Subsequently, the already born child will continue to receive substances necessary for his teeth through breast milk, therefore, during breastfeeding mother needs to monitor her diet and not stop take vitamins. In the future, with the appearance of teeth in the child, parents will face a new task - to teach him how to properly care for the oral cavity.

Oral hygiene for children from 6 months to 1 year. It is necessary to start cleaning the child's oral cavity from the moment the first tooth erupts. The first method used to clean teeth is wiping. Adult exercising this procedure must be carried out quickly, efficiently and safely, for which it is necessary to position the child so that he can clearly see the teeth being cleaned and have the ability to restrain the child's movements. The incisors are wiped with damp gauze, directing the movements from the gum to the cutting edge of the tooth. Wiping is carried out 1-2 times a day. As the child gets used to the procedures, they begin to use a brush, preferably with a small head with soft bristles. The brush is moistened. The incisors are cleaned with short vertical movements from the gum to the cutting edge. Ideally, parents should be taught these methods of caring for their child's oral cavity in advance during conversations with the obstetrician, pediatrician and dentist with pregnant women, and immediately after the birth of the child.

Oral hygiene for children from 1 year to 3 years old. At this age, the main method of oral care is brushing teeth. The procedure is performed by the parents, gradually involving the child in this. The child and parent are located near the sink, in front of the mirror, the adult stands behind the child. To brush the child's teeth, parents use soft brushes with a small head and a long handle. A pea-sized amount of toothpaste is used when the parents' hands move the brush automatically, and full visual control is not required. It is important to teach your child to control swallowing during while brushing your teeth, learn to rinse your mouth after brushing. Oral hygiene for children aged 4 to 6 years. The main means for oral care for children aged 4-6 years are a brush and paste. The brush should have soft bristles. In children aged 5-6, the first permanent molars are erupting, which require increased attention: on the one hand, the rate of plaque formation on erupting teeth is maximum (the teeth do not participate in occlusion), and on the other hand, the intensity of the brush movement is limited by the presence of gums on the chewing surface. Therefore, parents are advised to start brushing their child's teeth with these most problematic teeth. Oral hygiene for children aged 7 to 10. At the age of 7-10, a significant proportion of children still do not have sufficient motor skills of the hands, nor the proper degree of responsibility to perform this procedure completely independently. Parents must constantly support their children's motivation, control the process of brushing their teeth with a brush and qualitatively complete it with their own hands. The duration of brushing teeth should last at least 3 minutes and be carried out in the morning and before bedtime. Oral hygiene for children aged 10 to 14. The mental and physical level of a teenager basically allows him to brush his teeth well, but in real life, every teenager needs the care of his parents, their active, friendly help, including during hygienic procedures. The role of parents in the oral hygiene of these children is gradually reduced, focusing on motivation, periodic monitoring and material support for the dental self-help of the growing child.

Medical procedures such as professional teeth cleaning and plaque removal prevent the occurrence of not only caries, but also such diseases of the oral cavity as gingivitis, periodontitis, various types of stomatitis, as well as bad breath. Deep fluoridation of teeth is also effective in the fight against caries in children's

teeth. During the procedure, fluoride penetrates the pores of the enamel, the resistance of which increases several times. At the same time, it has been established that patients with initial forms of caries, who were treated with antibiotics and synthetic antiseptic drugs, have a short-term improvement in clinical manifestations and further worsening of dysbacteriosis of the oral cavity. Complex treatment of initial forms of caries in children using herbal preparations helps to reduce the clinical manifestations of dysbacteriosis of the oral cavity. When implementing measures to prevent dental caries under the influence of unfavorable environmental factors that predispose to the carious process, preventive measures are carried out not only to "improve" the oral cavity, but also to improve the health of the child's entire body. To select the most effective treatment method, it is necessary to take into account the state of the oral microflora and the state of the environmental situation in the child's place of residence. One of the most effective and harmless methods at present is the use of herbal preparations, which, due to the presence of microelements, vitamins, and biogenic substances, have not only a pronounced local effect, but also increase the overall resistance of the body.

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