

CARIES PREVENTION THEORY OF PRACTICE

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Abstract: The majority of the world's population suffers from dental caries. According to estimates, 90% of people on earth are infected with this disease. Dental caries remains one of the main global health problems. Although this disease starts with a simple black point, leads to the loss of the tooth in our mouth. The purpose of prevention is not to fight the disease, but to prevent it from appearing.

Key words: Tooth, oral cavity hygiene, prevention, toothbrush, tooth paste, dentist, caries, complex, endogenous, exogenous, diet, vitamin.

According to the World Health Organization, dentists of the whole world are not able to treat billions of dental caries and its complications, even economically developed countries are obliged to increase dental care by 3-8 times. According to these data, it is necessary to increase preventive measures in the fight against caries. By WHO, dental caries is included in the complex of diseases that need to be prevented as the sixth of modern diseases.

Caries - with demineralization and progressive destruction of dental hard tissue. It is a transient pathological process with the appearance of a temporary and cavity-like defect. Caries is a common disease that occurs in 95% of the population. Currently, there are several hundred theories about the origin of caries. Caries is caused by many factors.

The main factors include: microflora of the oral cavity; food and diet; amount of fluoride in water; composition and volume of saliva; general condition of the body; extreme effects on the body; endogenous and exogenous factors in the external and internal environment.

The main cause of caries is acid-producing bacteria, which cause the leaching of fluoride and calcium from tooth tissue. Microorganisms begin to multiply and damage the tooth 1-2 hours after cleaning the oral cavity, causing tooth decay. If caries is detected, you should change your diet, pay more attention to oral hygiene, and give preference to toothpastes with a high content of calcium and fluoride. Visiting the dentist is mandatory.

Prevention is a set of activities of state, social, hygienic, medical institutions aimed at maintaining the health of the population and preventing diseases. The main goal of prevention is to prevent the causes and conditions that cause diseases and to strengthen the body. In the prevention of the disease, it is necessary to carry out procedures with a clear knowledge of its etiology and pathogenesis. Dental caries is one of the reasons for the loss of teeth, which leads to a violation of the chewing function, the digestive system, and a chronic disease of the stomach. Only timely treatment helps to save the teeth. The main preventive measures are focused on three factors. In practice, this situation is called "complex prevention".

Prevention of dental caries is conditionally divided into three:

- 1) Elimination of microorganisms in dental caries.
- 2) Reducing the amount of sugar in the diet.
- 3) Increasing the amount of fluoride in the environment.

Schematically, all preventive measures can be divided into 4 groups. Dental caries are endogenous.

prevention without drugs. Proteins, amino acids, macro- and microelements, vitamins should be added to the body.

1. Dietary measures, consumption of calcium and fluorine preservatives will ensure tooth eruption and enameling.
2. Endogenous drug prevention. Preventive medicine means prevention of pregnant women, pre-school age, school age and adults. Calcium and fluoride preparations, vitamins, fish oil, sodium nucleic acid, phytin, methionine, etc. are widely used.
3. Prevention without exogenous drugs. In this case, patients are prescribed intensive chewing of solid food, oral hygiene, professional hygiene, balanced diet, restriction of carbohydrates, replacement of sugar and sugar substitutes, rational prosthetics.
4. Prophylaxis with exogenous drugs. Local use of remineralizing agents is envisaged. 10% calcium gluconate solution, 2% sodium fluoride, 3% remodent, fluoride varnish and gel are applied to the hard tissues of the tooth. Prevention is carried out by medicated baths, rinsing with drugs, electrophoresis and rubbing.

Preventive measures of a dentist can be divided into 5 periods.

1. Antenatal.
2. Newborn and breastfeeding period (up to 1 year).
3. Pre-kindergarten period (up to 1-3 years old).
4. Kindergarten period (up to 4-7 years old).
5. School period (up to 16-18 years old). Prevention of dental diseases is good oral hygiene.

Oral hygiene is performed in two ways:

1. Personal hygiene.
2. Occupational professional hygiene.

There are two types of toothbrushes.

1. Natural.
2. Artificial.

All toothbrushes are distinguished by 5 different levels of hardness: very soft, soft, medium hardness, hard, very hard. There are different methods of tooth cleaning: Charter, Stillman, Base, Leonard and Pokhomov methods. In Pokhomov's standard cleaning method, the teeth are conventionally divided into 3 segments in the upper jaw and 3 segments in the lower jaw, and each segment is cleaned separately. In addition, we brush our teeth with special dental floss (floss), wooden and plastic toothpicks. We can also clean Toothpastes: There are types of modern toothpastes with hygienic, healing properties. In turn, the healers are divided into toothpastes that have an effect on inflammation and have preventive properties.

Inflammatory agents are divided into salt-preserving and biologically active. Those with preventive properties are divided into fluorine-preservative and mineral-preservative ones. In addition, there are also whitening toothpastes. Usually, people go to the store and buy the paste that suits them in price and size or the first one they see. In fact, pastes should be chosen with the advice of a doctor depending on the condition of the teeth, whether there is a disease or not. Those who do not have any problems with their teeth can easily use ordinary hygienic pastes. From the water we drink to the area we live in, it plays a role in the health of our teeth. Fluorine is the main substance necessary for teeth. We get it from the food we eat and the water we drink. If the water in some areas does not contain or lacks this substance, it is recommended to use fluoride toothpaste. If it is the opposite, it is possible not to use such toothpastes.

Editor's tip: To protect teeth from caries, brush them with a sweeping motion while brushing. Actions for this treatment should last at least 3-5 minutes. Don't forget to clean your tongue. Be sure to brush your teeth after eating. Nutrition also affects the development of caries. After eating sweet or very sour (green apple, lemon) drink some water and rinse your mouth thoroughly. Eat fruits and vegetables rich in calcium and fluoride, and pay attention to vitamins C and D. Raw carrots have a particularly beneficial effect on the health of the teeth. It is necessary to visit the dentist once every six months, so that it is possible to detect caries at the initial stage and prevent its development. Because caries can occur not only on the surface of the tooth, but also in areas of the tooth that the patient cannot see. Conclusion: Health is the greatest blessing given to a person. It is everyone's duty to know the causes of diseases and their prevention. So, as long as we start to prevent caries, we should follow oral hygiene, eat right, in addition, consume products or preparations with vitamins and necessary substances that ensure tooth strength, and avoid harmful products. we have to give up. If children are taught and inculcated hygiene rules, tooth cleaning methods, and rational eating habits from kindergarten and school age, when they grow up, these rules and procedures will become permanent daily skills. Of course, prevention of caries should also be aimed at prevention of common diseases. Dietary, dairy and pea foods, especially foods rich in vitamins C and D are considered useful. Fresh air, water treatments, physical training, physical culture and sports increase the body's strength and prevent various diseases and, of course, dental diseases.

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