



## Prevention of Dental Diseases

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Received 2<sup>nd</sup> Jan 2023,  
Accepted 3<sup>rd</sup> Feb 2023,  
Online 11<sup>th</sup> Mar 2023

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**Abstract:** Dental diseases are common enough in our country, the continuation of the situation in this way leads to an increase in morbidity. If the conditions are not changed in a certain direction, they should be expected to increase further. It is desirable to direct the efforts of the whole society to prevent dental diseases, especially among children. Today, it is not logical to continue to spend significant material resources on the treatment of diseases that can be prevented with a preventive warning at a simple and low cost. Therefore, the prevention of dental diseases should include the introduction of a system of social and individual comprehensive preventive measures aimed at eliminating risk factors for dental diseases.

**Introduction:** Dental diseases are common enough in our country, the continuation of the situation in this way leads to an increase in morbidity. If the conditions are not changed in a certain direction, they should be expected to increase further. It is desirable to direct the efforts of the whole society to prevent dental diseases, especially among children. Today, it is not logical to continue to spend significant material resources on the treatment of diseases that can be prevented with a preventive warning at a simple and low cost. Therefore, the prevention of dental diseases should include the introduction of a system of social and individual comprehensive preventive measures aimed at eliminating risk factors for dental diseases.

It is a risk assessment criterion that causes the occurrence of dental diseases and affects the severity of its occurrence. Risk factors are those that lead to the onset or aggravation of the disease under certain conditions. Risk factors for the appearance of the main dental diseases include: pathological course of pregnancy, premature birth, diseases experienced in the first three years of life, milk teats during artificial feeding and regular teats. improper and irregular use; unbalanced nutrition, intake of excessive carbohydrates (frequently eating sweets between main meals) at all ages, insufficient intake of water, vegetables and fruits, insufficient intake of solid foods in children's diet; unhygienic condition of the oral cavity, a large amount of dental plaque, the presence of diseased and loose teeth in the mouth, dental row defects, etc.; lack of fluorine in drinking water, a decrease in the resistance of dental hard tissues due to insufficient intake of mineral components, and low sanitary literacy of the population on hygiene issues [1.3.5.7.9.11.13.15.17.19.21.23.25].

Prevention (Greek. prophylaktos safety) is a set of measures aimed at preventing the origin and spread of diseases, protecting and strengthening health.

Prevention of dental diseases is the prevention of the occurrence and development of diseases of the oral cavity. This direction is a priority in modern dentistry. The experience of many countries shows that the simple quantitative increase of the dental staff, financing and material provision of dental services, will not be enough to change the current situation in the prevalence and intensity of dental caries and periodontal diseases. The use of reliable preventive programs of the world dental practice leads to a sharp decrease in the intensity of tooth caries and the intensity of periodontal diseases, it plays an important role in reducing the number of early tooth loss in children and the number of children and adolescents with artificial teeth. The cost of preventive methods is on average 20 times lower than the cost of treating dental diseases.

Toothbrush and paste, misvok for oral hygiene are an integral part of the general hygiene of children. Its effectiveness mainly depends on the teeth and teeth cleaning methods. Every child should be convinced that careful and correct care of the oral cavity is the most important preventive and auxiliary therapeutic procedure.

The role of the dentist is to teach patients about the necessary oral hygiene practices to prevent dental caries and periodontal diseases.

**Research goal:** prevention of primary dental diseases in preschool children.

**Research materials and methods:** As part of the prevention of the main dental diseases of the population of the city and districts of Bukhara, the staff of the Bukhara State Medical Institute developed and carried out primary preventive measures for children during the period of milk and mixed formula. In this, 1066 children of preschool age were given a dental examination and a questionnaire was given to their parents. Based on this, the children were divided into three groups: those on natural nutrition, those on artificial and mixed nutrition. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 16, 19, 20, 24, 25, 26, 50, 51, 52, 61 preschool educational institutions. pupils were examined.

**Results:** In the first stage, sanitary and educational work was carried out with the parents of children visiting this institution on the prevention of dental diseases. During the conversation, the parents were introduced to the standard method of cleaning teeth, the use of floss and floss. Individual selection of children's toothpaste and brushes recommendations were made. Children were taught how to choose toothpastes containing fluoride. Parents were advised to supervise the cleaning of the child's teeth twice a day. The importance of reducing the amount and duration of excessive consumption of carbohydrate-rich foods, i.e. sugars, in the oral cavity was explained. Recommendations on rational nutrition were given. It has been recommended to consume iodized-fluoridated salt as a carrier of fluoride supplements. During the interview, the voluntary consent of the parents was obtained regarding the examination of the children and the implementation of hygienic and preventive measures.

In the second stage, children's groups were given health lessons on "keeping teeth healthy", "teeth cleaning method", "rational nutrition and healthy teeth". Interviews were held with kindergarten teachers, in which it was emphasized the need to teach good oral hygiene during the period of milk teeth. At this age, it was considered that the role of the educator plays an important role for children. Educators actively participated in health lessons.

In the third stage of the study, the initial hygienic condition of the oral cavity of children was determined. Evaluation of the state of the teeth was carried out using the hygienic index (GI Fyodorov-Volodkina, 1968) according to the generally accepted method. The initial level of individual oral hygiene (GI-0) in children was unsatisfactory (from  $1.91 \pm 0.07$  to  $2.31 \pm 0.03$ ). The results show that parents do not pay enough attention to the hygienic condition of their children's teeth.

In the fourth stage, the level of independent individual oral hygiene of children was assessed. For this purpose, an interview was held with the children, the importance of simple and understandable for their age, regular cleaning of the teeth, toothbrush, pastes, toothpaste, floss, and mouthwash was explained. Special attention was paid to the consumption of a large number of food products rich in carbohydrates, that is, sweets. All child models were then taught the standard way to clean their teeth. After 1 month, the level of personal oral hygiene in children was determined again. Hygienic index scores have improved slightly. As a result, children's individual oral hygiene level was satisfactory ( $1.51 \pm 0.03$  from  $1.93 \pm 0.09$ ) (GI-1) [2.4.6.8.10.12.14.16.18.20.22.24.25.26].

**Conclusion:** motivation for regular oral hygiene measures, conversation about rational nutrition, reducing the number and amount of products containing mainly carbohydrates, communication with children and their parents, educators Explaining the importance of the use of fluorides for the teeth helped to significantly improve the hygienic condition of the oral cavity of children during the milk period. After a month of motivational work, the indicators of the hygienic index were normalized, which corresponded to good oral hygiene. Teaching 3-7-year-old children about brushing teeth in a standard way, individual selection of hygienic tools, that is, toothbrushes and pastes, lessons on the use of floss, led to the normalization of hygienic index indicators. Regular monitoring of tooth brushing by a dentist has been very effective.

When the hygienic index was evaluated, oral hygiene was found to be satisfactory in all children in the main group. The work of a dentist in a children's institution, including hygiene and preventive measures, allowed to achieve the best results. According to the hygiene index, oral hygiene improved in all children aged 3-7 years.

In order to improve the hygiene of the oral cavity in children during the lactation period, the formation of the skills of correct and constant brushing of the teeth requires long-term cooperation between the dentist and the child. The close cooperation of the department staff and children's children in the implementation of the program for the prevention of basic dental diseases among children during the period of milkshake made it possible to implement good results in the complex of hygiene and preventive measures.

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