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THE ROLE OF ORAL HYGIENE IN THE PREVENTION OF DENTAL DISEASES IN CHILDREN

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Modern epidemiological data testify not only to the significant prevalence of periodontal pathology in children and adults, but also to the impact on the incidence of oral hygiene, the abundance of dental deposits, poor-quality prostheses and fillings, dentoalveolar deformities, violation of the compensatory mechanisms of natural immunity and etc.

In recent years, it is known that the growth of pathology of organs and tissues of the oral cavity is difficult to stop only by therapeutic measures, and sometimes impossible. In this regard, it is necessary to develop and widely introduce into practice measures for the prevention of major dental diseases.

At present, a close relationship has been established between the state of the periodontium and the level of individual oral hygiene.

Soft and hard plaque, with a low level of oral hygiene, accumulating in the area of the necks of the teeth and in the interdental spaces, contribute to the launch of the mechanism of destruction of the entire periodontal complex,

starting with inflammation of the gums and destruction of the periodontal attachment and ending with a severe destructive process in the bone tissue jaws

One of the most effective and at the same time the most simple and affordable preventive measures is the correct and effective care of the teeth, the oral cavity as a whole, using the entire arsenal of modern oral hygiene products. The preventive value of oral care is beyond doubt.

Prevention is a system of state social, hygienic and medical measures aimed at ensuring a high level of health and preventing diseases of the oral cavity and the body as a whole. The main goal of prevention is to eliminate the causes and conditions for the occurrence and development of diseases, as well as to increase the body's resistance to the effects of adverse environmental factors.

According to the WHO classification, dental prophylaxis is divided into:

1. Primary
2. Secondary
3. Tertiary.

Professional and individual oral hygiene refers to primary prevention. Individual hygiene involves the careful and regular removal of dental deposits from the surface of the teeth and gums by the patients themselves using various hygiene products: toothbrushes, pastes, elixir gels, chewing gum, rinses, interdental oral hygiene products.

Occupational hygiene is a set of measures that eliminate and prevent the development of dental caries and inflammatory periodontal diseases by mechanical removal of supra- and subgingival dental deposits from the tooth surface. Professional oral hygiene includes several stages: motivating the patient to prevent dental diseases and teaching him individual oral hygiene; removal of supra- and subgingival dental deposits; polishing the surface of the tooth; elimination of factors contributing to the accumulation of plaque. The effectiveness of the removal of dental deposits is controlled using the appropriate hygienic indices.

the effectiveness of complex hygiene measures and indicate the need for daily rational individual oral hygiene carried out in conjunction with professional hygiene is a necessary condition for the prevention of periodontal disease.

Lack of oral hygiene or its poor quality is one of the main risk factors leading to the development of not only gingivitis but also caries.

1. Lack of oral hygiene or its poor quality is the main risk factor leading to the development of periodontal soft tissue diseases, gingivitis and caries in children.

2. Training in individual oral hygiene for children, preferably carried out jointly with parents, and carried out:

- it is necessary to select high-quality individual hygiene products and strictly observe the mode and technique of their use;

- it is necessary to properly motivate schoolchildren, especially on the first visit to the dentist, to observe thorough oral hygiene using preventive means and methods.

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СТОМАТОЛОГИЧЕСКИЕ ЗАБОЛЕВАНИЯ У ДЕТЕЙ С ОБЩИМИ ПОРОКАМИ СЕРДЦА

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Сохранение и укрепление стоматологического здоровья населения является одним из стратегических направлений в медицине. Несмотря на современный научный прогресс, интенсивность и распространение кариеса, а также заболеваний тканей пародонта, всегда высоки.

Проблема сердечно-сосудистых заболеваний является одной из важнейших в педиатрической практике в связи с многообразием клинических форм, сложностью диагностики и лечения, а также склонностью к формированию распространенных пороков сердца (ИБС). В настоящее время распространенные пороки сердца являются одной из ведущих причин инвалидности и смертности в детском возрасте.

Обследовано 115 детей в возрасте от 2 до 11 лет с общим пороком сердца, находившихся на лечении в кардиологическом отделении Ташкентского городского детского многопрофильного медицинского центра. Считается, что дети в возрасте от 2 до 3 лет относятся к группе высокого риска развития общего порока сердца. Возрастные уровни детей составлены по классификации ВОЗ. 23 (20,0%) детей от 2 до 3 лет, 25