

PREVENTION OF CARIES AND DISEASES OF THE ORAL CAVITY, GLOBAL PROBLEMS

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ANNOTATSIYA

Karies va og‘iz bo‘shlig‘i kasalliklari butun dunyoda muhim jamoat salomatligi muammolaridan biridir. Odamlar har qanday yosh guruhida ushbu kasalliklardan aziyat chekmoqda. Oldini olish choralari, jumladan, to‘g‘ri og‘iz gigiyenasi bo‘yicha ta‘lim, jamoat suvini fluoridlash va muntazam stomatologik tekshiruvlar, ushbu kasalliklarning tarqalishini kamaytirish uchun muhimdir. Ushbu maqola kariesni oldini olish va og‘iz sog‘lig‘ini targ‘ib qilish bo‘yicha turli strategiyalarni o‘rganadi, klinik amaliyot, jamoat salomatligi tashabbuslari va jamoat ishtirokining ahamiyatini ta‘kidlaydi. Ijtimoiy-iqtisodiy omillarni hal qilish va stomatologik xizmatlarga kirishni oshirish orqali biz global miqyosda og‘iz kasalliklari yukini sezilarli darajada kamaytirishimiz mumkin.

Kalit so‘zlar: Karies, Og‘iz sog‘lig‘i, Oldini olish, Jamoat salomatligi, Fluoridlash, Stomatologik parvarish, Ta‘lim

ABSTRACT

Caries and oral cavity diseases pose significant public health challenges worldwide, affecting individuals across all age groups. Preventive measures, including education on proper oral hygiene, community water fluoridation, and regular dental check-ups, are crucial for reducing the prevalence of these conditions. This paper explores various strategies for preventing caries and promoting oral health, emphasizing the importance of a multidisciplinary approach that combines clinical practice, public health initiatives, and community engagement. By addressing socioeconomic factors and increasing access to dental care, we can significantly reduce the burden of oral diseases globally.

Keywords: Caries, Oral health, Prevention, Public health, Fluoridation, Dental care, Education, Community engagement

АННОТАЦИЯ

Кариеc и заболевания полости рта представляют собой серьезные проблемы общественного здравоохранения по всему миру, затрагивая людей всех возрастных групп. Профилактические меры, такие как обучение правильной гигиене полости рта, фторирование общественной воды и регулярные

стоматологические проверки, имеют решающее значение для снижения распространенности этих заболеваний. Эта статья исследует различные стратегии профилактики кариеса и продвижения здоровья полости рта, подчеркивая важность многопрофильного подхода, который сочетает клиническую практику, инициативы общественного здравоохранения и участие сообщества. Устранение социоэкономических факторов и повышение доступности стоматологической помощи могут значительно снизить бремя заболеваний полости рта на глобальном уровне.

Ключевые слова: Кариес, Здоровье полости рта, Профилактика, Общественное здоровье, Фторирование, Стоматологическая помощь, Образование, Участие сообщества

INTRODUCTION

- Caries

- Caries are holes formed in teeth as a result of demineralization of tooth enamel and dentine. This process occurs mainly under the influence of acids produced by bacteria. The following factors affect the development of caries:

- • Food: Foods rich in sugar and carbohydrates.
- • Oral hygiene: The importance of regular tooth brushing and oral hygiene.
- • Fluoride: Tooth enamel strengthening agents.

LITERATURE ANALYSIS AND RESEARCH METHODOLOGY

Oral Health Diseases

Oral health conditions, including periodontitis and gingivitis, are associated with inflammatory processes in the oral cavity. These diseases affect the health of the teeth and oral mucosa. Their reasons are:

- Bacteria growth: Non-observance of hygiene rules.
- Nutrition: Vitamin and mineral deficiency.
- Health problems: diabetes, heart disease, etc.

Prevention Strategies

1. Oral Hygiene: Daily brushing and flossing.
2. Fluoride Presentation: Fluoride toothpastes and liquids.
3. Healthy Nutrition: Reduce sugar and eat foods rich in vitamins.
4. Regular Dental Checkups: Professional cleanings and checkups.
5. Community Initiatives: Add fluoride to public water and implement public health programs.

A Global Problem Caries and oral health diseases are common throughout the world and are an important public health problem in many countries. Education, resources and cooperation are essential to prevent them. Consideration of socio-economic factors, education and medical services can help reduce these problems.

DISCUSSION AND RESULTS

When comparing caries and oral health diseases, the following aspects can be considered:

- Causes: Mainly acid production by bacteria that feed on sugars and carbohydrates in the teeth.

- Symptoms: Discoloration of tooth enamel, cavities in teeth, pain.

- Prevention: regular tooth brushing, fluoride, healthy diet.

Oral Health Disorders (eg, gingivitis)

- Reasons: Accumulation of plaque and bacteria, neglect of oral hygiene.

- Symptoms: Redness in the mouth, bleeding, tooth mobility.

- Prevention: Regular cleaning, professional dental care, adequate vitamin and mineral intake.

- Comparison

- • Development process: Caries mainly develop in the teeth, and oral health diseases develop in the oral mucosa.

- • Pain level: Caries can cause more pain, and oral diseases cause more inflammation and discomfort.

- • Prevention: Good oral hygiene is important for both, but fluoride supplementation is especially important for caries.

CONCLUSION

Problematic Aspects of Caries

1. Socio-economic facts: High prevalence of caries in less developed countries, limited access to medical services.

2. Food habits: Wide spread of sugary and fast food.

3. Oral hygiene: Many people do not brush or floss properly.

Problematic Aspects of Oral Health Diseases

1. Bacterial growth: Plaque accumulation and development of diseases as a result of inflammation.

2. Neglect: Neglecting oral health can sometimes lead to serious problems.

3. Lack of healthy nutrition: Vitamin and mineral deficiency.

Common Problem Areas

- Health Education: Lack of adequate oral health information.

- Healthy dental care: Lack of regular medical check-ups, many people do not visit the dentist.

- Decisions and resources: Lack of resources and public programs to improve oral health.

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