

PREVENTION OF CARIES IN CHILDREN

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Abstract: Great oral cleanliness is fundamental for keeping up with the general wellbeing and prosperity of youngsters. One of the most widely recognized oral medical problems in youngsters is dental caries, otherwise called tooth rot. In this article, we will talk about different preventive estimates that can really help in decreasing the event of caries in kids.

Keywords: Tooth, medical stuff, microbes, effects, research, brushing, standards.

Introduction: Tooth rot, otherwise called dental cavities or caries, is the most well-known dental issue in youngsters. It can cause excruciating openings (cavities) in your teeth. Cavities ordinarily should be penetrated and afterward filled to keep the tooth rot from deteriorating. In any case, doing specific things can assist with forestalling the requirement for treatment in any case.

The best method for forestalling tooth rot is by consistently cleaning your teeth well and reinforcing them with fluoride. It's likewise similarly as critical to adhere to a solid eating regimen and not have sweet food sources or beverages again and again. To wrap things up, dental check-ups can assist with identifying and treat tooth rot from the beginning. There's a ton of discussion about whether fluoride tablets or fluoride toothpaste is better at forestalling tooth rot in small kids. Pediatricians will generally suggest utilizing tablets, while most dental specialists suggest fluoride toothpaste.

Tooth rot is essentially brought about by microbes in the plaque that covers your teeth, and by a lot of sugar in your eating routine. So restricting your utilization of sweet food varieties, beverages, confections and different desserts is one method for forestalling tooth rot. Eating sweet things once in a while is entirely fine, however, as long as you actually take great consideration of your teeth.

The difficulty begins when teeth are as often as possible presented to sweet food varieties and beverages. Children and babies might foster tooth rot quicker assuming their jug frequently contains sweet beverages or natural product juice. Unsweetened natural product teas or water are great other options. It's likewise vital to utilize the jug just for drinking and not as a pacifier or faker.

One method for reinforcing your teeth more is by getting fluoride in your eating routine, for example from salt containing added fluoride. Cleaning your teeth disposes of plaque and keeps your teeth looking and feeling clean. Fluoride toothpaste is particularly great at assisting with forestalling tooth rot: Your teeth retain the fluoride in the toothpaste, making them more grounded.

Research has shown that brushing with fluoride toothpaste consistently can assist with forestalling tooth rot in youngsters and teens. Kids need grown-ups to tell them the best way to brush appropriately, and extremely little youngsters need active assistance. Regardless of whether a preschool kid is now ready to clean their teeth, a grown-up will normally have to help by finishing up a short time later. In the event that you don't know how to go about it, you can

get some down to earth guidance from your dental specialist. Kids by and large begin to clean their teeth appropriately on their own after they start school, around the time they can compose well. It's essential to clean the teeth completely yet additionally cautiously, to try not to harm the gums.

When the principal child tooth comes in now is the ideal time to begin cleaning teeth. The accompanying suggestions on the utilization of fluoride toothpaste apply to kids who take no fluoride tablets. Kids ought to just do one of these two things: either take fluoride tablets or use fluoride toothpaste. In the event that you give your kid fluoride tablets, don't utilize fluoride toothpaste to clean their teeth.

Different dosages of fluoride are suggested, contingent upon the youngster's age: Numerous dental specialists recommend utilizing toothpaste that has 0.1% fluoride. This sum is much of the time depicted on the bundle as "1,000 ppm" (parts per million). You can likewise utilize toothpaste with 500 ppm fluoride (0.05%) in babies, and you can then utilize somewhat a greater amount of it to brush.

The justification for why various dosages are suggested is a direct result of the conceivable secondary effects: An excess of fluoride can make white spots or stripes structure on the teeth as they create. In any case, it typically makes no other adverse consequences. In uncommon cases, an excess of fluoride can influence the improvement of the tooth veneer, expanding the gamble of tooth rot. Whitish spots can likewise be an early indication of tooth rot.

It's particularly essential to get the fluoride portion right in small kids since they frequently swallow their toothpaste. So it's fitting to not utilize extra fluoride tablets in the event that they use fluoride toothpaste and assuming salt with added fluoride is additionally utilized at home.

To keep the gums from becoming kindled (gum disease), it could be smart to eliminate plaque that structures between your teeth by utilizing dental floss, interdental brushes or toothpicks. However, these things haven't been demonstrated to forestall tooth rot. It's essential to be cautious while eliminating plaque, since it's not difficult to hurt your gums with floss, interdental brushes or toothpicks.

Mouthwash is another generally utilized dental cleanliness item. A few kinds of mouthwash contain fluoride. Routinely flushing with fluoride mouthwash can forestall tooth rot as well.

However, interdental brushes, mouthwash and toothpicks are just choices for more established kids and young people. More youthful kids can't utilize them appropriately, and could swallow mouthwash.

To forestall tooth rot, fluoride can likewise be applied straightforwardly to the teeth as a stain or gel. Fluoride gel is accessible from drug stores without a solution and can be placed on at home. Most fluoride gels are applied one time per week - it's ideal to check the bundle supplement to see precisely the way that they are utilized and for which ages they are appropriate.

They ought to be left on the teeth for a couple of moments and afterward spat out. Fluoride stains contain a higher grouping of fluoride. They are applied by a dental specialist or dental colleague and solidify promptly when they connect with spit. This is a specific benefit in babies since they don't need to let out the stain after a specific measure of time. However, stains and gels can't supplant customary tooth brushing or a tooth-accommodating eating regimen.

Research recommends that fluoride stain can forestall tooth rot in child teeth better than ordinary dental consideration (with no exceptional utilization of fluoride) can. Extremely durable teeth can likewise profit from the utilization of fluoride stains or gels.

In Germany, legal wellbeing safety net providers cover the expenses of fluoride staining

-four times each year between the ages of a half year and six years,

-what's more, two times every year between the ages of 6 years and 18 years (or four times each year in the event that there's a more serious gamble of tooth rot).

Up to the age of 12 years, kids can partake in bunch anticipation programs at day care and in schools. This includes a dental specialist coming in about two times per year to check their teeth and mouth, perceive how their nibble is creating and offer fluoride stain to solidify the dental polish. Consent from the guardians is required before any fluoride is applied. This treatment is offered for nothing. However, it may not be essential assuming the kid is as of now having normal fluoride stain medicines at the dental specialist. The converse is additionally obvious.

Kids' back teeth (molars) are especially inclined to tooth rot. Microscopic organisms can get comfortable the gaps, scores and pits of these teeth. In kids who have teeth that are inclined to rot, the dental specialist can place a plastic sealant on the molars to prevent microbes from developing there. Applying the sealant doesn't do any harm, just requires a couple of moments, and can bring down the gamble of tooth rot. Sealants normally keep going for a very long time. The dental specialist will check whether they are as yet unblemished during check-ups. In Germany, legal wellbeing guarantors cover the expenses of this treatment on the super durable back teeth (molars) of kids between the ages of 6 and 17 years.

In Germany, kids who are covered by legal health care coverage are qualified for dental check-ups since the beginning. A sum of six dental screening tests are presented between the ages of a half year and 6 years. From that point onward, it's as yet smart for the youngster to go in for an examination like clockwork.

In the event that any of the standard pediatric screening tests (U5, U6 or U7) show anything unusual on the youngster's teeth or in their mouth, their dental specialist can investigate.

A few specialists accept that ordinary dental check-ups can assist with identifying tooth issues prior, prompting quicker treatment. These check-ups additionally intend to help youngsters and teens to care more for their teeth and gums. In any case, no examinations have shown that having an examination like clockwork is better for your general dental wellbeing.

Conclusion

Forestalling caries in youngsters is vital for their oral wellbeing and by and large prosperity. By following these preventive tips, guardians and parental figures can assist youngsters with keeping up with great oral cleanliness rehearses, settle on better dietary decisions, and guarantee customary dental visits. Keep in mind, little strides towards avoidance can prompt enormous grins and more promising times to come for our little ones.

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