

**MODERN TOOTHPASTES AND THEIR USE IN THE PREVENTION OF DENTAL
DISEASES**

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Abstract: Toothpaste is an integral part of our daily oral hygiene and dental health. Dental pastes are specially formulated products that contain active ingredients aimed at combating various oral problems, maintaining their health.

Key words: Toothpastes, properties, medicinal toothpastes, the right choice, statistics in Uzbekistan on the use of toothpastes, top best toothpastes in the world, toothpaste for smokers, whitening.

The purpose of the study : To study the types and effectiveness of using different types of toothpastes. To analyze consumer preferences in choosing toothpastes.

Introduction : Preservation health cavities mouth and teeth plays important role in general well-being organism . One from key elements in care for cavity mouth is usage correct dental pastes . In this article, we will explore various aspects dental pastes in dentistry , their useful properties and selection optimal product For each individual case .

Part 1: Useful properties dental paste

1. Prevention caries : Most dental paste contain fluoride which helps protect enamel teeth from acidic impact and prevent education caries .
2. Fighting toothache raid : Many dental pastes contain antimicrobial components that help fight bacteria that cause education dental plaque and dental stone .
3. Refreshment breathing : Some dental pastes contain antiseptic ingredients that help eliminate unpleasant smell iso mouth and provide long-term feeling freshness .
4. Strengthening dental enamels : Some dental pastes contain calcium and others minerals that help strengthen dental enamel and prevent her destruction .
5. Sensitive teeth : Exist special dental pastes For people with sensitive with teeth . They contain components that help reduce sensitivity teeth to cold , hot and sweet .

Part 2: Choice correct dental pastes

1. Take into account their needs : Various dental pastes intended For solutions specific problems like these How sensitive teeth , whitening or anti-inflammatory action . Select paste corresponding yours individual needs .
2. Get your bearings on recommendations Dentist : Consultation with your dentist will help determine which dental pasta follows use based on on condition yours cavities mouth and specific needs .
3. Please pay attention attention on composition : Study compound dental pastes and make sure that she Not contains harmful ingredients that can call allergic reaction or negative impact on enamel teeth .

4. Use pasta correct method : Observe recommendations manufacturer relatively quantities paste required For cleanings teeth , and also frequency and duration brushing .

Types of toothpaste:

1. Daily Use Toothpastes : These are the most common type of toothpastes and are recommended to be used twice a day when brushing your teeth. They are designed for general cleaning and maintaining healthy teeth.

2. Children's toothpastes : There are special toothpastes for children that contain less fluoride and have a pleasant taste. They intended For cleaning teeth in children and gradual attraction them to daily hygiene cavities mouth .

3. Medicated toothpastes: These toothpastes are designed to treat specific problems such as bleeding gums or periodontal disease. They can contain special components that help reduce inflammation and stimulate healing .



Medicinal and prophylactic toothpastes, in addition to the components, contain biologically active additives: vitamins, extracts, salts, infusions of medicinal plants, microelements, enzymes, intended for daily oral care, as well as for the prevention of caries, diseases of the oral mucosa, periodontal disease

4. Natural Toothpastes: Recently, more and more people prefer natural toothpastes that do not contain artificial colors, flavors or preservatives. They use natural ingredients such as herbal extracts or minerals.

Special toothpastes are divided into whitening and smoker's toothpastes.

has an unpleasant smell from the mouth. Over time, the teeth acquire a gray or red color. During smoking, plaque is heavily pigmented with nicotine. Due to the increased temperature in the oral cavity during smoking, it is fixed and hardens faster. It is not so easy to clean it with conventional hygiene products. It is for these reasons that special toothpastes have been developed for smokers.

For daily hygiene at home, you can limit yourself to specialized toothpastes. They are conventionally divided into two categories:

- **Whitening.** Contains large abrasive particles in the formula. When rubbed against the surface of plaque, they destroy and remove it. Such aggressive mechanical cleaning cannot be carried out on a permanent basis. It can make the enamel too thin and damage it, which leads to increased sensitivity and painful sensations. This is why two types of products are used, alternating with each other.

- **Strengthening.** They contain complex components of calcium and phosphorus. They are designed to restore enamel damaged by abrasives. With regular use, they give the structure strength and protect it from caries.

Rating of the best toothpastes for smokers:

- Dentavit "For smokers"
- Zact "For smokers"
- R. O. C. S. « Anti - tobacco »
- White Glo
- Rembrandt « Antitobacco »



Professional toothpastes are pastes with an increased abrasiveness index . They are used only by dentists for professional teeth cleaning and polishing. Medical toothpastes are registered as a medicine and are used in courses.

In Uzbekistan wide choice dental paste available in stores and pharmacies . Some from popular brands dental pastes that You you can found include :

Colgate, Splat, Oral-B, Blend-a-Med, Parodontax , ROCS, Sensodyne and many more other .

Having counted calculations popular sold dental paste from sellers networks shops We found out that 40% of the population buy Colgate, another 40% buy Splat, 15% buy Blend-a-Med, and the rest percent population other brands dental paste . Also such same result was revealed at survey patients in private clinic Andijan dentistry .



At choice dental pastes in Uzbekistan , many People take into account such factors like branded reputation , price , taste , specific needs (for example , for sensitive teeth or fight against dental raid) and availability for sale .

TOP 9 best toothpastes according to dentists

1. Curaprox Enzycal 1450 ppm, 75 ml
2. Sensodyne Rapid Relief 75 ml
3. PERIOE Original Pumping Toothpaste 285 g.
4. Splat Blackwood
5. ROCS PRO Moisturizing
6. Splat Special Extreme White
7. Biorepair Denti Sensibili Plus
8. Elmex Sensitive Plus Colgate
9. MARVIS " Classic saturated mint "

It is recommended to brush your teeth at least twice a day - in the morning after breakfast and in the evening before bed. However, it is important to note that each person may have individual oral care needs, so it is recommended to consult a dentist to determine the optimal schedule for brushing your teeth and using additional oral care products. There are those who brush their teeth after meals, for example after breakfast, if breakfast was at home or in an environment where you can brush your teeth.

Conclusion : Dental paste is important tool in maintaining health teeth and gums . She helps clear teeth from plaque and stains , protects from caries and diseases gums , and also strengthens enamel . However , in addition to correct use dental pastes , important track for his oral hygiene in general and regularly contact a dentist For professional inspection and cleaning cavities mouth .

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