

PREVENTION OF PERIODONTAL DISEASES

Jambilov Ravshanbek Sotvoldiyevich

Assistant of the Department of Therapeutic Dentistry
Andijan State Medical Institute

Annotation: The article provides basic information about periodontal diseases, etiopathogenetic factors that determine their occurrence and development, connections with somatic diseases, and also indicates main ways, methods and means of prevention.

Key words: Periodontium, periodontal diseases, somatic diseases, dental plaque, dental plaque, biofilm, prevention, oral hygiene.

The periodontium is a complex multifunctional complex of tissues surrounding and supporting the tooth, interconnected morphologically, functionally and genetically, and includes the gum, periodontium, cementum of the tooth root and the dental socket (alveolus). Periodontal diseases are one of the current problems in dentistry. This group includes all pathological processes that occur in the periodontium. They can be of varying severity and develop independently or against the background of common somatic diseases. Pathological processes in the periodontium can be inflammatory or dystrophic in nature (a combination of both is often observed). Periodontal diseases lead to significant disorders of the dental system, the development of purulent-inflammatory diseases of the maxillofacial area and, in most cases, to infectious sensitization, chronic intoxication and changes in the immune status of the body [1].

According to WHO, every adult over 30 years of age suffers from periodontal disease to varying degrees. In the general structure of providing medical care to patients in dental treatment and prevention institutions, periodontal diseases account for up to 90% of the total number of visits and occur in people of all ages [2]. A sharp increase in the prevalence of periodontal diseases, the loss of a large number of teeth as a result of their progression, which, in turn, causes the occurrence of secondary deformations of the dentition and pathology of the temporomandibular joint, disruption of chewing and speech, an impact on the general condition of the body and a decrease in the quality of human life require close attention of specialists to this pathology not only as a general medical, but also a social problem. The condition of the whole organism plays an important role in the effectiveness of the prevention of periodontal diseases, since this type of dental pathology is directly related to the general condition of the human body, its somatic status and depends on it, which can facilitate or complicate the implementation of preventive measures. Of course, periodontal diseases are multi-etiological in nature. Based on the results of microbiological studies of the microflora of periodontal pockets, more than 350 types of bacteria have been identified. Destructive forms of periodontal diseases are directly associated with anaerobic gram-negative microflora - *Porphyromonas gingivalis*, *Actinobacillus actinomycetemcomitans*, *Bacteroides forsythus*. Recent studies have shown that *P. gingivalis* is a critical pathogen in the development of severe forms of destructive periodontal diseases [3].

For many years, dentists, together with general practitioners, have been studying the relationship and interdependence of general somatic pathology with dental pathology. This is a completely natural process, since the human body is a single whole, and no matter how we “break it down” into separate areas for ease of study, nevertheless it remains such, and the processes occurring in one area inevitably affect the condition of all its other parts. This influence can manifest itself to varying degrees and is determined primarily by the severity of the connections that exist between different areas of the body [4].

Periodontal diseases are the second most common place after dental caries. This fact gives particular importance to the prevention of this group of diseases, especially since recently there has been an increase in their course, an increase in the number of people with chronic generalized periodontitis. A person is a single complex self-regulating system of cells and non-cellular structures, united by cellular, humoral, and nervous regulatory mechanisms. This explains the relationship between dental diseases and the condition of other organs and systems and the body as a whole. Today, in modern conditions, there is an increase in the number of chronic diseases of a general somatic profile, which is associated with the deterioration of environmental conditions, especially in recent decades. Not the least role in this negative process is played by the life activity of the person himself [5, 6, 7, 8, 9]. Unfavorable environmental conditions, global climate change, the emergence of forms of microorganisms resistant to antibacterial therapy, poor nutrition, bad habits, a sedentary lifestyle, constant stress and many other reasons often lead to the emergence and development of various chronic diseases and a reduction in life expectancy. It should be remembered that the nature of the course and severity of any somatic diseases will be aggravated against the background of chronic inflammatory diseases of the maxillofacial area. In turn, local pathological factors such as inflammatory periodontal diseases inevitably affect the course of systemic diseases [13, 14, 15]. At the same time, the more severe the patient's general condition, the worse the condition of the periodontal tissues will be. Currently, studies have appeared related to the increase in the incidence of cardiovascular pathology against the background of periodontal diseases, but their number is still small. Extensive research is required to study the possibilities of reducing the risk of developing coronary pathology during the treatment of inflammatory periodontal diseases.

Primary prevention of periodontal diseases involves the following measures:

- rational and proper feeding of the child and his subsequent nutrition;
- training the masticatory apparatus for the purpose of normal periodontal formation (compensation for insufficient chewing load);
- timely orthodontic treatment using multifunctional therapy (according to indications);
- training in the basics of rules and methods of individual oral hygiene;
- elimination of anomalies in the attachment of cords and frenulums of the lips, tongue, correction of the small vestibule of the oral cavity;
- maintaining the oral cavity in a sanitized condition;
- selective grinding of teeth to eliminate traumatic occlusion;
- timely, comprehensive orthopedic treatment. [10, 11, 12]

Secondary prevention of periodontal diseases consists of treating early signs of emerging pathology of periodontal tissues in order to prevent their progression and development of more severe conditions, namely:

- in eliminating local traumatic factors (tartar, overhanging edges of fillings, poor-quality dentures, malocclusions, etc.);
 - improving methods of individual oral hygiene, monitoring the quality of its implementation during repeated visits to the doctor by determining digital indicators of hygiene indices;
 - eliminating the precursors of diseases and treating their initial forms.
- Prevention of periodontal diseases is a complex task, the solution of which requires conditions of both local and general nature, including social issues and problems of modern man. [3, 4]

Tertiary prevention of periodontal diseases consists of complex treatment (conservative, surgical and orthopedic), aimed at relieving pathological conditions in periodontal tissues, preventing complications and restoring the physiological function of the periodontium and

periodontium to the extent possible, which helps prevent their further destruction, the formation of periodontal pockets, resorption alveolar process and transforms an acute condition into a chronic stabilized process. [1]

Of great importance in the prevention of periodontal diseases, as well as other dental diseases, is the patient's commitment to preventive and therapeutic measures. Fear of treatment, irregular visits to the doctor, failure to show up for follow-up visits, treatment only for acute pain, lack of a permanent attending dentist, ignorance of dental health - these are the reasons that lead to loss of time, complications of treatment and worsening of the disease. [2]

Individual oral hygiene as a method of preventing periodontal diseases should be given special attention. It is known that the main etiopathogenetic factor of inflammatory periodontal diseases are pathogenic and conditionally pathogenic microorganisms of dental plaque, capable of forming biofilms. They can also support and provoke the further development of many chronic general somatic diseases, and the risk of occurrence, development and further progression of both inflammatory processes in the oral cavity and general somatic diseases directly correlates with the degree of microbial contamination of the oral cavity. That is why dentists attach great importance to the quality of hygiene procedures performed by the patient and the individual selection of personal oral hygiene products, their effectiveness and safety. Modern therapeutic and preventive oral hygiene products (toothpastes, rinses, balms, gels for gums), with proper selection and complex use, can have a pronounced anti-plaque, antiseptic, anti-inflammatory effect, and reduce gum bleeding due to the active components included in their composition. [15]

In conclusion, let us pay attention to an important aspect: in order to achieve success in the prevention of periodontal diseases, dentists must learn to talk with their patients, otherwise all medical measures and manipulations will be useless as long as we only treat, fill, and operate. The process of preventing any disease first of all lies in a person's awareness of its necessity, and until doctors learn to work on a mental level, all preventive measures will be reduced to columns of numbers in the reports of medical and social institutions and departments, insurance companies. Having once voiced any problem to a patient, including a dental one, especially in the area of history of periodontology, we mistakenly believe that its importance is now known to him and the topic can be closed. But this is a gross misconception: it is necessary to talk about the current topic of prevention until it is fixed in the patient's memory on a subconscious level. This motivational approach is the most reliable, and its effectiveness was proven back in the last century, when they managed to achieve significant preventive changes only after each person felt the individual focus of the preventive program. In this regard, the goal of any prevention program should be the individual, that is, a person with his illnesses, everyday and professional problems, character and nutritional habits, and other factors that influence the specifics of developing a personalized program. But all these activities will be effective only if each of us realizes that his life, health and longevity depend on how he treats himself and the world around him. To do this, a person must love himself, value his body and take care of it. [3,4]

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