

THE ROLE OF ORAL HYGIENE FOR LIFESTYLE HEALTH

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Abstract: *Dental health of people is an important problem of modern society. At all times, dental health has been indisputably associated with oral hygiene, ancient healers claimed that a person is healthy as long as his teeth are healthy. Professional and individual oral hygiene is the main component of the prevention of dental diseases and the main indicator of the dental health of the population. Daily oral care with the help of specialized hygiene products such as toothbrushes, toothpastes, elixirs, mouthwashers will help maintain oral health and prevent the development of diseases of hard tissues of teeth and periodontitis.*

Keywords: *dental caries, periodontal diseases, dental plaque, microflora, individual hygiene.*

Prevention of dental caries and periodontal diseases requires a clear understanding of the causes of these diseases, the factors contributing to their development [1].

A lot of literature suggests that plaque is one of the causes of dental caries. The initial caries lesion occurs in places where favorable conditions are created for the accumulation of plaque (pits and fissures, on approximal surfaces and cervical areas). The cariesogenic microflora of the oral cavity serves as an etiological factor in the occurrence of caries. And in order for such a microflora to arise and the development of caries to begin, the presence of certain conditions is necessary. These conditions can be factors such as the intake of easily fermentable carbohydrates, which forms a plaque. Caries is formed if the process of demineralization prevails over remineralization. In this case, caries can develop with a low level of tooth enamel resistance. In short, the simultaneous presence of three factors is necessary for the development of caries: cariesogenic microflora, simple carbohydrates and low enamel resistance, plus the time factor. Graphically, this can be represented in the form of a shamrock Case.

The oral cavity is a unique ecosystem for a wide variety of microorganisms that form a permanent microflora. A rich nutrient medium; constant humidity, optimal pH and temperature create favorable conditions for adhesion, colonization and reproduction of various microorganisms and, as a result, the development of various dental diseases. Therefore, one of the most effective and, at the same time, the simplest and most affordable measures for their prevention is proper and effective dental care[1]. At the same time, preventive measures require an individual approach that takes into account all factors affecting the state of oral hygiene.

However, only 9.27% of the population brush their teeth more than once a day, and 11.3% of the population have no oral care at all. However, patients do not properly clean their teeth with basic means for individual oral hygiene, therefore, complete mechanical removal of plaque is not performed, despite the availability and effectiveness of this method.

This is due in most cases to the fact that parents have not instilled in children basic skills and rules of personal hygiene. Also, another reason for the formation of attitudes towards oral hygiene is the level of education and social conditions. The population has no idea about oral hygiene as the main preventive and curative action [2].

According to the World Health Organization (WHO), caries and periodontitis are a global problem — dentists are unable to provide treatment for billions of teeth affected by caries and its consequences. Prevention is the basis for the effectiveness of healthcare, when the minimum cost of labor and funds give the maximum effect.

Prevention of diseases of the oral mucosa of a known etiology consists in eliminating the causes of their occurrence. So, in order to prevent infectious diseases that manifest themselves on the oral mucosa (syphilis, etc.), measures are needed to prevent infection from entering the body. Prevention of diseases of the oral mucosa of unknown etiology consists in carrying out measures aimed at eliminating or reducing the impact of risk factors, increasing the body's resistance. For the non-specific prevention of diseases of the oral mucosa, wellness measures are important, including systematic hygiene and oral sonation.

Today, in dentistry, as in other medical disciplines, the issue of early and correct diagnosis of diseases of the maxillary and maxillofacial systems is acute. Timely and successful treatment and rehabilitation of dental patients depends on this. The introduction and use of modern research and diagnostic methods, such as densitometry and CBCT, can undoubtedly help in this [3].

The vast majority of dental diseases are the result of conscious, often unconscious neglect of their health. In this regard, the culture and education of the population is of particular importance, which directly depends on the state. Only the state is capable of carrying out educational and cultural transformations on a large scale, as well as mobilizing forces and means to raise the level of consciousness of the population. With a high level of sanitary and hygienic prevention, all other problems of modern dentistry would not be so relevant.

Periodontal pathology is one of the most common problems of modern dentistry, which is a serious medical and social problem all over the world. Moreover, the diagnosis and treatment of these diseases is one of the most difficult problems of dentistry, since the etiology, pathogenesis and even the name of the disease have remained controversial for many years - this fact has led to the emergence of many different classifications.

Preventive measures also include early detection of diseases and timely treatment of patients. One of the most effective measures for the prevention of

oral cancer is periodic preventive examinations followed by follow-up in case of detection of chronic diseases of the oral mucosa.

An integral part of hygiene and prevention of various dental diseases is individual oral hygiene, which includes careful and regular removal of dental deposits from the surfaces of teeth and gums by the patient using various means [3].

□ The quality of dental cleaning and, consequently, the effectiveness of preventive measures largely depends on the methods and hygiene products used.

□ Basic items and personal hygiene products of the oral cavity:

□ □ toothbrushes.

□ □ toothpastes, tooth powders.

Recommendations for choosing a toothbrush:

The bristles should be neither too soft nor too stiff. Currently, most manufacturers offer brushes in five categories from very soft to super-hard. A toothbrush with medium-hard bristles is versatile and suitable for most adults. On the one hand, it effectively cleans teeth, and on the other hand, it does not irritate the gums. It is recommended to change the toothbrush every three to four months.

When choosing a toothpaste, an important aspect is the composition that prevents the development of dental diseases, in particular caries and periodontitis. It is also useful to use a paste with the addition of extracts of medicinal herbs, which have a strengthening effect. But dentists advise not to pay special attention to various 3D or 4D whitening components. They absolutely rightly claim that most of these technologies are purely marketing in nature. Regular brushing is much more effective for whiteness of teeth.

Additional oral hygiene products:

□ floss (dental floss),

□ toothpicks;

□ irrigators (hydro massage)

□ interdental stimulators

□ tongue cleaning products: scrapers, scraper brushes;

□ mouthwashers, teeth whiteners;

□ powders for the treatment of dentures.

An important and mandatory component of the prevention of oral diseases is hygiene - individual and professional.

Professional oral hygiene - a regular set of measures carried out by a dental specialist (hygienist) aimed at preventing the development of caries and periodontal diseases and including professional dental cleaning, controlled individual oral hygiene (assessment of the hygienic condition of the oral cavity, dental education with the creation of motivation for compliance with preventive procedures, selection of individual methods and means of oral hygiene, monitoring the effectiveness of hygienic measures), the use of mineralizing compounds and agents that reduce tooth sensitivity, sealing fissures.

In everyday clinical practice, the electromechanical method is most widely used for professional dental cleaning. Ultrasonic scalers are traditionally considered the main tools for removing dental deposits. They effectively remove dental deposits, however, after the treatment is completed, they do not allow you to get a perfectly smooth tooth surface. After removal of dental deposits on the surface of the tooth, the formation of a "dental" plaque begins again. Therefore, after removing dental deposits, it is necessary to grind and polish the surface of the hard tissues of the tooth.

The main objectives of prevention are to eliminate the causes and conditions of the occurrence and development of diseases, as well as to increase the body's resistance to the effects of adverse environmental factors. The main goal of individual prevention of dental diseases is to improve the health of the population, through awareness of the role and importance of hygienic procedures, increase the level of dental knowledge, and develop motivation for maintaining dental health.

One of the main tasks of individual prevention of dental diseases is not to promote well-known generally accepted measures, without restrictions and additional recommendations, for all populations of the country as a whole, but to improve the health of the country's population through improving the prevention system by individualizing preventive measures for each individual.

The relevance of preventive measures is also expressed in reducing the volume of therapeutic measures and, as a result, material costs. This is confirmed by data according to which the cost of preventive methods is 20 times lower than the cost of treating already developed diseases.

And a large number of authors have convincingly shown that proper oral care reduces the intensity of the growth of the carious process.

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