

COMPREHENSIVE PREVENTION OF CARIES IN SCHOOL-AGE CHILDREN

Assistant of the Department of Pediatric Dentistry of Samarkand State Medical
University

Turayev Alimjan Bahriddinovich.

Head of the Department of Pediatric Dentistry of Samarkand State Medical
University

PhD Rahimberdiyev Rustam Abdunosirovich

ANNOTATION

The susceptibility of children to caries is higher than that of adults. This is explained by various reasons: weak immunity, thin enamel, etc. Is it necessary to deal with prevention if baby teeth will still fall out and permanent ones will grow instead? In the article we will answer this question and tell you what measures can prevent childhood caries.

Key words:

Caries develops due to the multiplication of caries-causing microbes in the mouth. They are in the oral cavity of all adults; children can get infected with them from their mother through a kiss, a pacifier or food. At the same time, the risk of this disease in childhood is quite high. This is due to a number of factors, including: Poor oral hygiene. Children brush their teeth reluctantly and poorly, especially if this process is not controlled by adults. Food residues are a favorable environment for the reproduction of bacteria. The worse the child monitors hygiene, the more often he develops caries. Consumption of sweets in large quantities. Cariogenic microorganisms live off carbohydrates, so sweets that children eat very often contribute to the rapid spread of bacteria and the appearance of carious lesions. Weak enamel. Milk and newly appeared molars are more vulnerable to bacteria, since their enamel has not yet formed and has not become stronger. The acids released by microbes quickly corrode the enamel surface and penetrate into the hard tissues of the tooth. Caries develops in children not only

more often, but also more rapidly. Unformed immunity. A weak immune system cannot fully resist the onslaught of microorganisms.

All these factors suggest that it is necessary to deal with the prevention of caries of temporary teeth. According to doctors, preventive measures can reduce the probability of carious process of molars by 80%. Moreover, protecting the child from caries, it is possible to prevent many other dental diseases, as well as pathologies of internal organs. Methods of caries prevention in children Caries prevention depends on the age of the child. There are general principles that do not depend on age and are the same for all people. For example, the rules concerning oral hygiene. There are also specific recommendations that are aimed at protecting children's teeth from dental diseases in a particular period of development. Let's consider the features of the prevention of childhood caries in newborns, preschoolers and schoolchildren.

Prevention of childhood diseases should begin in the antenatal period, when the child is still in the womb. During the development of the embryo, the structure of its teeth is laid — already at this stage they are saturated with mineral salts. In order for this to happen correctly, the expectant mother should: Eat right: eat foods with calcium, magnesium and other trace elements. Carefully observe oral hygiene: brush your teeth, use dental floss, rinses and irrigators. Undergo medical examinations, including at the dentist; to cure caries and other dental diseases before conception or at least during pregnancy.

If these recommendations are taken into account, the risk of developing dental diseases in the baby will be significantly lower. However, the prevention of childhood caries at this stage is just beginning. In principle, you will have to do it all your life. It's just that in the first years after the birth of a baby, parents should teach him to take care of his teeth, so that prevention later becomes part of his life. Prevention of caries in preschool children After the eruption of baby teeth, a child may develop bottle caries. It occurs due to non-compliance with hygiene. Mother's milk contains a lot of sugar. If you do not wash the bottle and pacifier or leave it in the mouth of a newborn at night, bacteria will multiply rapidly in his oral cavity.

As a result, the first temporary teeth will suffer from caries. To prevent this from happening, it is necessary to thoroughly wash the bottle and nipples, as well as clean the baby's teeth and gums with special silicone finger pads. In one year, you can buy him a brush with soft bristles. At about 1.5-2 years old, you need to start using baby toothpaste. Every 3-4 months, the baby should be brought to the dentist for examination. These measures help prevent the development of caries or detect it at the very beginning of development.

By 2.5-3 years of a child's life, all temporary teeth grow. If he has already been diagnosed with caries and the probability of its recurrence is high, the silvering technique is used. The doctor covers the baby's teeth with silver ions, which has an antibacterial effect. This procedure is quite effective, but it has one significant disadvantage — the enamel treated with silver darkens, and it is impossible to fix it. He will have a beautiful snow-white smile only after the molars grow. To prevent caries in preschool children, endogenous and exogenous techniques are used. The first include measures related to the saturation of the body with vitamins and minerals. It is necessary to balance the child's nutrition, exclude harmful foods from the diet and include healthy foods rich in calcium. If necessary, the doctor will prescribe medications that contain phosphorus, fluorine, magnesium and vitamins. Exogenous methods of prevention are measures aimed at protecting the enamel from external factors. Such measures include:

the right choice of a toothbrush with age-appropriate bristles; regular use of flosses, rinses and irrigators; coating of enamel with fluoride-containing compounds that strengthen it and protect it from bacteria. It is advisable that a doctor pick up a toothbrush and toothpaste for the child. He will also talk about other methods of caries prevention in preschool and school-age children. Prevention of caries in school-age children In the prevention of childhood caries at school age, methods aimed at strengthening the enamel are used. For this purpose, children are sealed with fissures — natural depressions on the chewing surface of the teeth. Dental sealants are special compounds with minerals, mainly fluorine. The doctor cleans the enamel of the child from plaque, performs antibacterial

treatment, applies a sealant and removes the remains of the frozen substance with the help of a drill. The procedure lasts 10-30 minutes. This is how primary prevention of caries of temporary teeth in schoolchildren is carried out.

Reference

1. АБДУРАХМАНОВА Н. М. Б., АХМЕДОВ Х. С. Reactive arthritis-a modern view of the problem //Журнал биомедицины и практики. – 2021. – Т. 6. – №. 1.
2. Abdurakhmanova N., Akhmedov K. AB0001 ASSOCIATION OF MDR1 GENE G2677T POLYMORPHISM WITH METHOTREXATE RESISTANCE IN PATIENTS WITH UZBEK RHEUMATOID ARTHRITIS. – 2019.
3. Khalmurad A. et al. Influence of xenobiotics on the course of rheumatoid arthritis //European science review. – 2016. – №. 3-4. – С. 56-59.