

## **ЛЕЧЕНИЕ ПАТОЛОГИЙ ДЕСНЫ И СВОЕВРЕМЕННОЕ УСТРАНЕНИЕ ФАКТОРОВ РИСКА С ЦЕЛЬЮ СОХРАНЕНИЯ ЗУБОВ**

**Исхакова З.Ш.**

Самаркандский государственный медицинский университет, кафедра  
хирургии полости рта и дентальной имплантологии, PhD

**Нормурадов Н.А.**

Самаркандский государственный медицинский университет, резидент 1  
курса магистратуры

## **TREATMENT OF GUM DISEASES AND TIMELY ELIMINATION OF RISK FACTORS TO PRESERVE TEETH**

**Iskhakova Z.,**

Samarkand state medical university, Department of oral surgery and dental  
implantology, PhD

e-mail: ishakova.zuxra1985@gmail.com

**Normuradov N.,**

Samarkand state medical university, 1<sup>st</sup> year master

e-mail: nodirnormuradov22@gmail.com

### **АННОТАЦИЯ**

Статья посвящена изучению причин воспалительных реакций в деснах и предлагает анализ актуальных методов их лечения. В ней также проводится сравнительный анализ различных стратегий, которые применяются при решении вопроса о сохранении зуба или его удалении. Автор освещает современные подходы и рекомендации в этой области, а также рассматривает нюансы подготовки к имплантации.

### **ABSTRACT**

In the article, the author discusses the mechanisms of development of inflammatory processes in the gums and provides an overview of modern

therapeutic approaches to correct them. Various aspects related to decision-making between tooth-preserving surgery and tooth extraction are also discussed, and the author provides an overview of current approaches and recommendations. The author examines the features of preparation for implantation.

**Ключевые слова:** воспалительные процессы, десна, имплантация, зубы, лечение, операция, патология, удаление.

**Keywords:** inflammatory processes, gums, implantation, teeth, treatment, surgery, pathology, removal.

Modern dentistry currently comes across a number of challenges related to gum disease, the dilemma between tooth-preserving surgery and tooth extraction, and preparation for implantation. Addressing these issues plays a key role in maintaining the dental and general health of patients. Gum diseases, including periodontitis and gingivitis, manifest themselves as inflammatory processes in the gums. This can negatively affect the overall condition of the oral cavity and the ability to chew normally. The occurrence of these diseases is due to a complex interplay between the action of bacteria, the reaction of the immune system, and the characteristics of the body [2].

Inflammation in the gums occurs as a reaction to the presence of pathogenic microbes in the oral cavity. The microflora of the oral cavity has a significant impact on the development and maintenance of inflammatory processes. Some microorganisms have pathogenic properties and stimulate the activity of immune defense cells, in particular macrophages and neutrophils.

In the gums, the inflammatory process is associated with an increase in the level of inflammatory molecules, such as cytokines and prostaglandin E<sub>2</sub>. These molecules attract immune cells and trigger tissue destruction. The inflammatory process in the gums is controlled by complex signaling pathways involving protein kinases and transcription factors.

Today, the treatment of gum disease is based on the principles of inflammation control. Mechanical cleaning of the teeth and oral cavity is widely used to remove plaque and microflora that contribute to the development of pathology.

Antimicrobial agents may be prescribed as a supplement to combat pathogenic microorganisms[3].

In search of more effective ways to combat gum inflammation, in addition to traditional methods of treatment, scientists are actively researching innovative approaches and pharmacological developments. Among them, special attention is paid to anti-inflammatory drugs, immunomodulators, antioxidants, and technologies aimed at the precise delivery of drugs.

In-depth study of the relationship between oral microflora, immune response, and processes occurring in the body paves the way for the creation of more accurate and personalized methods of treating gum disease. In particular, a number of studies are focused on developing probiotic formulations that include beneficial microorganisms capable of suppressing inflammatory processes and restoring gum health.

Researchers are exploring the potential of immunotherapy, particularly immunomodulators and monoclonal antibodies, to control inflammation. Significant attention is being paid to the development of drug delivery technologies aimed at precisely targeting drugs to gum tissue. This approach can significantly enhance the therapeutic effect and minimize side effects associated with systemic drug exposure. For example, nanoparticles and liposomes are promising carriers capable of delivering drugs to the site of inflammation in a targeted and sustained manner[6].

To make progress in treating gum disease with inflammatory complications, we need a comprehensive approach that takes into account the interaction of molecular and cellular processes, the composition of the oral microbiota, and the body's immune responses. Such an approach will pave the way for the creation of new, more sophisticated therapeutic strategies designed to suppress inflammation, restore gum health, and ensure optimal oral health for patients. Gum diseases with inflammatory changes are a pressing problem in dentistry that requires effective treatment approaches. Scientific research is focused on identifying the causes of inflammation and developing innovative treatment methods that would include controlling pathogenic microflora, suppressing inflammatory reactions, and maintaining gum health. [4].

Further study of this topic may pave the way for the creation of new, revolutionary methods of treating gum disease and improving the overall dental health of patients.

Gum disease caused by inflammation can significantly damage oral health and interfere with chewing. When such problems arise, the patient and dentist face a dilemma: to save the tooth or remove it. In this text, we will analyze the criteria that must be considered when making such a difficult decision, as well as learn about modern approaches and recommendations in this area [5].

In order to decide whether to save or remove a tooth, a thorough diagnosis of the condition of the teeth and gums is required. The diagnosis includes an examination, X-ray examination, determination of the level of inflammation and severity of periodontitis, as well as analysis of the functional capabilities and quality of the teeth. Important points when choosing treatment. When choosing between saving and removing a tooth, a number of factors are taken into account. This assessment includes data on the position and function of the tooth, the nature and extent of damage to both the tooth itself and the surrounding tissues, as well as the prognosis for the development of the pathology and the likelihood of successful treatment aimed at preserving the tooth. It is also necessary to take into account the individual wishes and preferences of the patient, as well as their overall physiological status.

Tooth-preserving procedures include root canal therapy, periodontal interventions, caries treatment, and restoration. Their purpose is to save the tooth by removing the affected areas and restoring its structure and functionality. It is important that the gums heal successfully and that the root cause of the inflammation is eliminated in order to achieve long-term results [1].

Sometimes tooth extraction is the most appropriate solution. This choice may be prompted by serious damage to the tooth, a lack of healthy tissue for effective restoration, excessive cost or complexity of tooth preservation, as well as a questionable prognosis for its long-term functionality.

The choice between saving a tooth and removing it must be carefully considered, taking into account the possible negative consequences of each

procedure. Tooth-saving interventions can inevitably lead to damage to adjacent tissues, the likelihood of recurrence of the disease, or incomplete recovery. In addition, they often require a long time for healing and recovery.

Tooth extraction can trigger a chain reaction in the dental arch, such as displacement of adjacent teeth, malocclusion, and reduced chewing efficiency. In addition, tooth extraction often requires prosthetics or implants, which entails additional treatment steps and financial costs.

Modern dentistry aims to preserve teeth for as long as possible, as this is a key factor in maintaining a full bite, normal chewing function, and an attractive smile. With the help of gentle techniques, such as root canal treatment or periodontal interventions, it is possible to preserve the natural dentition and avoid the need for implants or other replacement prostheses.

It is important to emphasize that tooth extraction may be the only possible solution in cases of extensive damage, serious disease, or complications. The choice of treatment method should be agreed with the patient, taking into account all available treatment options, their preferences, and overall health. In cases of gum disease accompanied by inflammation, the question of whether to preserve or remove teeth requires an individual approach based on a thorough analysis of many factors. The choice of the best treatment is individual and depends on many factors, such as the location of the tooth, its functional purpose, the general condition of the tooth and adjacent tissues, the expected course of the disease, and the patient's personal preferences.

The final decision on treatment should be made jointly with a dentist or periodontist, who will recommend the best option based on professional standards and the clinical picture. Dental implants are a modern technology that allows you to restore lost teeth, giving the patient back both the functionality and aesthetics of their smile. To achieve the best results and durability of the implant, preliminary and comprehensive preparation of the patient is required.

Successful implantation directly depends on preliminary diagnosis of the condition of the oral cavity. An implantologist carefully examines the gums, bone structure, adjacent teeth, and all other elements of the oral cavity. The presence of

problems such as caries, periodontitis, or bone loss requires these issues to be addressed through treatment and rehabilitation measures before proceeding with implantation.

In order to successfully implant an artificial tooth, an accurate understanding of the condition of the oral cavity and bone tissue is required. In this case, radiological methods such as panoramic imaging and CT scanning are indispensable. They allow the specialist to carefully study the bone structure, identify its features, assess its adequacy, and detect any abnormalities that could affect the implantation process.

The implantologist, taking into account the condition of the oral cavity and X-ray images, draws up a surgical plan for implantation. He accurately determines the position of the implant, selects the most suitable type, and develops a step-by-step strategy for the operation. This approach reduces the likelihood of complications and contributes to excellent treatment results.

If the bone mass does not provide sufficient support for the implant, special preparation may be required before its installation. Possible methods include bone augmentation, which involves sinus lifting or bone grafting. These procedures increase the volume of bone tissue, creating a favorable environment for implant engraftment.

Before implantation, it is also important to eliminate concomitant pathologies and diseases such as caries, periodontitis, or gingivitis. This helps to create a healthy and stable environment for successful implantation and minimizes the risk of complications.

Preparation for dental implantation is an important step that determines the success of the procedure and the long-term function of the implant. A thorough assessment of oral health, X-ray diagnostics, surgical planning, bone tissue preparation, and elimination of pathologies contribute to creating optimal conditions for successful implantation. Cooperation between the patient and the implantologist is key to achieving the best results and patient satisfaction with the implantation procedure.

**Conclusions.** In conclusion, it can be noted that correcting gum pathologies, choosing between tooth-preserving surgery and tooth extraction, and preparing for

implantation are complex tasks that require an individual approach and comprehensive treatment. All three aspects are closely related and interconnected with the common goal of restoring and maintaining oral health.

### **Литература:**

1. Апокин А.Д., Кутяев С.А. Анатомия зубов и эндодонтический доступ. Ярославль: Издатель Александр Рутман, 2018. 120 с.
2. Бородовицина С.И., Савельева Н.А., Таболина Е.С. Профилактика стоматологических заболеваний: ФГБОУ ВО РязГМУ Минздрава России. Рязань: ОТСиОП, 2019. 264 с.
3. Николаев А.И., Цепов Л.М. Практическая терапевтическая стоматология: МЕДпресс-информ, 2014. 928
4. Naygovzina N. B., Luchinskiy A. V. State guarantees for medical dental care provided to the outpatients setting. Stomatologiya. 2015; 94(4):12—5. doi: 10.17116/stomat201594412-15 (in Russian).
5. Trusova L. N., Rasskazova V. N., Karashchuk E. V., Kosaya A. V., Potocki V. A. Evaluation of dental organizations of public and private health systems. Institut stomatologii. 2012; (3):14—7.
6. Vyazmin A. Ya., Podkorytov Yu. M., Kljushnikov O. V. Competence approach to preparation of young experts-stomatologists. Sibirskij Medicinskij Zurnal (Irkutsk). 2010; 98(7):65—7.