



Prevention of Major Dental Diseases in Preschool Children

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ABSTRACT

Prevention of dental diseases is a prevention of the occurrence and development of diseases of the oral cavity. This direction should be a priority in modern dentistry. The experience of many countries shows that a simple quantitative increase in the staff, funding and material support of the dental service is not enough to change the current situation in the prevalence and intensity of dental caries and periodontal disease. World dental practice has convincingly proved that the implementation of prevention programs leads to a sharp decrease in the intensity of dental caries and periodontal disease, a significant decrease in cases of tooth loss in childhood and an increase in the number of children and adolescents with intact teeth. An important argument is that the cost of preventive methods, on average, is 20 times lower than the cost of treating dental diseases that have already occurred [2,3,5,8].

Keywords:

Teeth, artificial feeding, prevention of dental diseases, milk bite

At present, it does not make sense to continue to allocate significant material resources to the treatment of those conditions that can be prevented by simple and inexpensive means. Therefore, the prevention of dental diseases should include the introduction of a system of public and individual comprehensive preventive measures aimed at creating conditions that exclude risk factors for the occurrence of dental diseases [4,10,11].

Dental morbidity in our country is quite high, and its further increase should be expected if the conditions affecting the development of diseases are not changed in a favorable direction. At present, there is no doubt about the expediency of directing the efforts of the whole society to the prevention of dental diseases, especially among children [1,9,4].

This article provides materials for mandatory implementation by dental services

throughout Uzbekistan. It includes the main areas of preventive action: plaque control and oral hygiene, rational nutrition and the use of fluorides.

Rational oral hygiene using a toothbrush and paste is an integral part of the general hygiene of children.

Its effectiveness largely depends on the methods of brushing teeth and gums.

Every child should be convinced that careful and correct oral care is the most important preventive and auxiliary therapeutic procedure.

The task of the dentist is to educate patients on maintaining a level of oral hygiene that would be sufficient to prevent dental caries and periodontal disease [1,2,6,7].

Purpose of the study: prevention of major dental diseases in preschool children.

Research materials. As part of the prevention of major dental diseases in the population of the city of Bukhara, the Republic of Uzbekistan, employees of the Bukhara State Medical Institute developed and carried out measures for primary prevention in children during the period of milk bite. We examined 60 children aged 3–7 years. Two groups were formed: main and control. The main group included 45 children attending 52 preschool institutions. In the control, 15 visiting children of this institution were observed.

Results and discussion. At the first stage, sanitary and educational work was carried out with the parents of children visiting this institution. During the conversation, parents were introduced to the standard method of brushing teeth, using floss. Recommendations on the individual selection of children's toothpaste and brushes are given. The children were offered toothpaste containing fluoride.

Parents were advised to supervise the child's daily brushing twice a day. The importance of reducing the excess content and length of stay in the oral cavity of foods rich in carbohydrates, namely sugars, has been explained. Recommendations on rational nutrition are given. As a carrier of fluoride additives, the use of iodized-fluorinated salt in food is proposed. During the conversation, an individual voluntary consent of the parents was obtained to examine the children and carry out hygienic and preventive measures.

At the second stage, health lessons were held in children's groups "How to keep your teeth healthy", "Method of brushing your teeth", "Rational nutrition and healthy teeth". Conducted interviews with kindergarten teachers, during which the need to teach high-quality oral hygiene during the period of milk teeth was emphasized. The fact that it is at this age that the authority of the educator plays an important role for children was taken into account. Teachers took an active part in the ongoing health lessons.

At the third stage of the study, the initial hygienic state of the oral cavity in children was determined. Assessment of dental status was carried out using a simplified Green-Vermillion

index (OHI-S, Green-Vermillion, 1964) according to the generally accepted methodology. The initial level of individual oral hygiene (OHI-S0) in children was unsatisfactory (from 1.91 ± 0.15 to 2.31 ± 0.17). The data obtained indicate that parents pay insufficient attention to the hygienic condition of their children's teeth.

At the fourth stage, the level of independent individual oral hygiene of children was assessed. For this purpose, a conversation was held with the pupils, during which the importance of regular brushing of teeth, the use of toothbrushes, pastes, flosses, and mouthwashes was explained in an understandable and understandable way for their age. Particular attention was paid to nutrition, the frequency of consumption of foods rich in carbohydrates, namely sugars. All children were then taught the standard method of brushing their teeth on the models. After 1 month, the level of individual oral hygiene was again determined in children. The indicators of the simplified Green-Vermillion index improved slightly, the level of individual oral hygiene in the examined children became satisfactory (from 0.73 ± 0.06 to 0.93 ± 0.09) (OHI-S1).

Conclusion: Motivation for regular hygiene measures in the oral cavity, conversations about rational nutrition, namely, reducing the number and frequency of stay in the oral cavity of products containing sugar, explaining the importance of fluoride use for dental health, conducted with children and their parents, caregivers, contributed to a very significant improvement in the hygienic condition of the oral cavity of children in the period of milk bite. The indicators of the simplified Green-Vermillion index returned to normal one month after the motivational work, which corresponded to satisfactory oral hygiene. Repeated training in the standard method of brushing the teeth of children aged 3–7 years, individual selection of hygiene products, namely toothbrushes and pastes, training in the use of flossing led to some decrease in the OHI-S hygiene index. Regular brushing of the teeth, supervised by the dentist, was quite effective.

Evaluation of the simplified Green-Vermillion index revealed that all children in the main group had satisfactory oral hygiene. The work of a dentist in a children's institution, including hygienic and preventive measures, made it possible to obtain the best results. According to the OHI-S Hygiene Index, all children aged 3–7 years had good oral hygiene.

To achieve a good hygienic condition of the oral cavity in children during the period of milk bite, the formation of manual skills in brushing teeth and consolidating stable results, constant interaction between the dentist and the child is necessary for a long period of time. Close cooperation between the staff of the department and educators in the children's institution made it possible to introduce a set of hygienic and preventive measures to implement a program for the prevention of major dental diseases among children during the period of milk bite.

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