

STRATEGIES TO PREVENT THE SPREAD OF CARIES AMONG ADOLESCENTS

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Abstract

In recent years, there has been a sharp increase in attention to iodine deficiency conditions and diseases related to adequate iodine intake in the body. The concept of new iodine deficiency diseases has emerged, which includes not only thyroid diseases but also a number of pathological conditions associated with thyroid dysfunction. The issue of the interrelationship between thyroid and non-thyroid pathologies remains highly relevant.

Keyword: Caries, Adolescents, Prophylaxis, Dental Hygiene, Rational Nutrition, Fluoride, Genetic Factors, Dental Care.

Introduction

Dental caries is one of the most common dental diseases worldwide, and is particularly common among teenagers. Since this age period is characterized by specific physiological and psychological changes, it may not be possible to pay good and sufficient attention to dental health. Improper diet, consumption of carbonated drinks and sweets, disregard for hygienic habits and failure to visit the dentist are the main causes of this problem. Scientific research in recent years provides that the prevention of tooth decay is effective only with a preventive approach, and not with treatment. Well, among other things, it will be possible by teaching teenagers proper toothwashing techniques and using fluoride products, eating a healthy diet and establishing preventive check-ups. These approaches should be implemented in all sectors of the health care system. If we think deeper, genetic factors are becoming increasingly important. In some deaths, the susceptibility to tooth decay is higher, and in such cases, standard screening and prophylactic approaches may not be sufficient. The use of modern technologies will be useful for drawing up individual approaches and comprehensive treatment plans to each such case.

Well, the main causes of the prevalence of caries are considered to be due to the presence of many amoles. One of them is oral hygiene. Many teenagers forget to brush their teeth regularly or use the wrong teeth brushing techniques. That said, most teenagers don't care about brushing their teeth, considering it a simple task. The fact is that it is necessary to brush your teeth 2 times a day, that is, in the morning and in the evening. It is recommended that the toothbrush be replaced every 2-3 months, and use special threads or irrigators for cavities between the teeth. Hygiene habits should be instilled in childhood. In this regard, parents play a key role. It is also important to seek advice from qualified dentists rather than advice given incorrectly over the internet. It is also important to rinse the oral cavity with an antiseptic and clean the tongue. This is because the tongue (papillae) is





an area where bacteria and microbes accumulate most among the nipples. Such additional hygienic nursery wrapping is also beneficial.

A balanced diet is one of the most important factors not only for general health, but also for oral health. Some teenagers (fast food) consume a lot of fast food, carbonated drinks, and desserts. These products strengthen the environment that causes acid formation in the mouth, which leads to tooth decay. Especially sticky and poorly swallowed sweets remain on the surface of the tooth for a long time, increasing the risk of tooth decay. Priority of natural food products, i.e. calcium-rich dairy products (milk, cottage cheese,...) It is the main building material of bones and teeth and contains hydroxyapatite, casein, minerals and proteins, which are the main substances of teeth. Again, eating vegetables is also considered important because vegetables help the body absorb calcium. Leafy products (greens, cabbage...) Both are effective in destroying bacteria in the oral cavity. In addition, fruits should be eaten, for example, if we take strawberries from fruits, strawberries contain apple acid and many microelements, they have teeth whitening properties. Drinking water during meals, rinsing your mouth after eating is a simple, but effective prophylaxis.

Scientific research in recent years confirms that genetic factors also play an important role in the development of caries. Some people have a genetically weak enamel structure or a small amount of saliva discharge, which factors in themselves increase the risk of caries. Therefore, simple hygienic measures may not be sufficient in such people. With the help of genetic tests, it is possible to determine the degree of susceptibility to caries and, accordingly, draw up individual preventive treatment plans. For example, products with a high concentration of fluoride may be prescribed professional-grade cleaning or remineralizing treatments. In an individual approach, a plan is drawn up based on each patient's age, hygienic status, diet and genetics. This approach increases the effectiveness of prevention and helps to prevent severe forms of caries. Also, based on genetic tests in medical institutions, we can identify adolescents who develop caries rapidly due to gene predisposition and take the necessary preventive measures for them. This means that this area refers to the need to introduce modern approaches to dental examinations.

Conclusion:

In conclusion, the prevention of caries among adolescents requires a multi-pronged approach. First of all, it is necessary to form hygiene habits. It is necessary to adhere to a healthy and rational diet and, if necessary, use individual preventive measures. Thanks to the collaborative work of parents and healthcare providers, the rate of tooth decay among adolescents can be significantly reduced. In addition, raising the level of awareness of the population about dental health is also one of the pressing issues. It is also possible to preserve the result in the long term through preventive dental examinations, which are carried out regularly every year. With the help of well-planned strategies, the dental health of adolescents is strengthened, preventing severe dental diseases that may occur in the future.

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