

PREVENTION OF PERIODONTAL DISEASES IN CHILDREN AND TEENAGERS

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Annotation. Prevention of periodontal disease in children and adolescents aims not only to improve dental health, but also health in general. To achieve long-term success, it is necessary to adhere to the principles of periodontal disease treatment. Periodontal diseases constitute one of the most important problems due to the widespread, complex nature of the lesions involving in the pathological process, in addition to the periodontal tissues themselves, other organs and systems, as well as disturbances in various parts of the homeostasis of the human body. In children, adolescents and young people, early forms of inflammatory periodontal diseases, gingivitis, are mainly detected, and with increasing age of patients, the frequency and severity of destructive changes in the periodontium increases. Therefore, the prevention of these diseases is of particular importance.

Key words: gingivitis, periodontitis, prevention of periodontal diseases in children and adolescents.

In childhood, the main periodontal disease is chronic catarrhal gingivitis, which occurs without significant clinical manifestations and does not cause concern in children. Children go to the dentist when the disease progresses and complications develop. To identify the first signs of periodontal disease and carry out a set of treatment and preventive measures, an annual preventive examination of healthy children is necessary. Signs of periodontal pathology may be the first symptoms of serious diseases of the body (endocrine, hematological, etc.), which increases the responsibility of the pediatric dentist for their timely detection and treatment.

The goal is to offer a set of therapeutic and preventive measures to improve the state of oral hygiene and periodontal tissue, increase the level of dental health and reduce the need for treatment in children and adolescents.

Prevention should promote the proper development of the body in the prenatal and early period after birth, in the process of formation and growth in childhood and adolescence.

Women whose pregnancy occurs against the background of a general pathology need comprehensive health care with the participation of relevant specialists. A pregnant woman's diet should be high in calories and fortified.

Breastfeeding in the first months of a child's life is extremely important for the growth and development of the baby. Active sucking of the mother's breast stimulates proper jaw growth and the formation of periodontal tissue. When switching to artificial feeding in order to prevent periodontal disease, you should choose a tight nipple with a small hole, shaped like the mother's nipple. The composition of the diet, the order of administration and the type of complementary foods are prescribed by the pediatrician, but the dentist should recommend that the child be taught to eat solid food as early as possible (from 6-7 months), he should be given pieces of raw fruits, vegetables, dry cookies, bread, etc. .P. This will help prevent "chewing laziness", stimulate blood circulation in the dental system, periodontal formation processes, improve salivation and self-cleaning of the mouth. After the eruption of primary teeth, vigorous chewing movements also contribute to the physiological formation of periodontal tissue. Chewing solid food is very conducive to this, both with temporary and with removable and permanent bites. The cleansing effect of chewing is complemented by oral care.

For periodontal diseases in children, hygienic oral care is an essential link in complex therapy. The greatest effectiveness of this measure is achieved if the doctor, throughout the entire period of treatment, teaches the child the basic rules of brushing teeth and controls them, and gives recommendations on oral hygiene. Taking into account the child's age, the dentist gives recommendations on choosing a toothbrush, toothpaste and oral hygiene products.

He recommends that parents themselves carry out oral hygiene for children up to the age of 3 years, observing the correct technique for brushing teeth. The dental market is filled with various products for hygienic oral care for children. The unique shape of the R.O.C.S. brush handle PRO Baby allows you to avoid excessive pressure on your baby's teeth and gums during brushing, without damaging the gums and immature tooth enamel.

R.O.C.S toothbrush handle PRO Baby is made of high-quality safe PET plastic. Toothpaste R.O.C.S. PRO Baby is designed to care for the teeth of children from a very early age to 3 years.

Conclusions. The use of a set of preventive measures, including dental education with training in the rules of oral care, professional hygiene and the use of therapeutic and prophylactic agents containing antibacterial and anti-inflammatory components, made it possible to achieve a reduction in inflammatory phenomena in periodontal tissues. The proposed complex of treatment and preventive measures allows to improve the state of oral hygiene and periodontal tissues, increase the level of dental health and reduce the need for treatment in children and adolescents.

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