

IMPROVING THE METHODS OF PREVENTING CARIES IN THE
FISSURE AREA OF PERMANENT TEETH IN CHILDREN.

Research advisor: Indiaminova Gavhar

SamDTU stamatalogiya yo 'nalishi:

Uzoqova Yodgora Utkurovna.

Annotation: This article is about improving methods of preventing caries in the fissure area of permanent teeth in children and keeping them permanently healthy.

Key words: caries, fissure, tooth decay, cavities, pain, discomfort.

Tooth decay, dental caries - damage to the hard tissues of the tooth; gradual erosion of tooth enamel (dentin) and cavity formation. It is common in children. Children's first molars (sixth teeth) often decay. Tooth decay is an eating disorder; indulgence in pastries and sweets; it can appear due to the lack of potassium, phosphorus and vitamins in the food, as well as the lack of wet fruits and vegetables in the food, as well as improper care of the teeth. Children's tooth decay is affected by the diet of pregnant women, improper feeding of the child, etc. to some extent. This disease is more common in places where drinking water contains less fluoride (mainly in children). In children with severe infectious diseases, especially during puberty (especially in girls), tooth decay progresses rapidly. Tooth decay is often observed during pregnancy, because during this period, as a result of the increased demand for calcium necessary for the formation of the fetal skeleton, physiological changes occur in the mother's body, such as the activity of internal secretion glands and metabolic disorders.

Tooth decay begins without being noticeable. At first, the tooth enamel becomes dull and wrinkled, discharge or a yellowish stain appears (see Tooth); later this place becomes soft, this is called surface caries; it hurts when brushing, eating sweet and sour things. The cavity of the decayed tooth gradually deepens and passes from the enamel to the dentine, and then the middle tooth decay occurs. When it is acute, a little pain appears due to mechanical, chemical or heat-cold effects. As a result of the process of tooth decay, when the dentin tissue is absorbed, softened and thinned dentin remains on the pulp; when food enters the cavity of a decayed tooth (hot, cold, water and other effects), a strong pain occurs, and it stops immediately when the effect disappears; This is called deep tooth decay.

What is caries?

Caries is a disease of the teeth, in which decay is observed in the tooth enamel layer.

Tooth decay occurs when microbes in the mouth form a sticky film on the surface of the tooth. These microbes feed on the sugar in food and sugary drinks and produce

acid. This acid damages the tooth surface. Over time, this acid erodes the surface of the tooth, causing holes and "cavities" to form in the teeth.

Tooth decay can cause pain and inflammation. Caries of baby teeth can seriously affect nutrition, speech and jaw development.

If caries is not treated for a long time, the following may be observed in the child:

- *pain and discomfort;*
- *the risk of new caries;*
- *complex and expensive treatment;*
- *anxiety about going to the dentist;*
- *cases of missing classes at school due to a visit to the dentist.*

The first sign of caries is the appearance of a white, dull band on the teeth along the gums. Later, you may notice blackened holes or broken teeth. If the caries becomes inflamed, swelling will appear on the gums and face.

Etiology and pathogenesis of dental caries: Caries is a Latin word that means bone decay. Scientific in terms of caries-teeth enamel, the main part of dentine tissue of mineral salts that make up and provide their hardness Demineralization due to various reasons as a result of tissue mortification, softening and decay is the process of tooth decay and cavity formation. Today, scientific investigations and experiments are relied upon data on the occurrence of dental caries disease shows that their views are very important. Hard tissue caries of milk teeth and permanent teeth It is clear to everyone today that it has the same basis. The caries process is usually from the places where dental caries accumulate starts. From dental caries accumulated in such places As a result of the use of streptococci in low activity, carbohydrate food organic acids from residues (milk, pyruvic, vinegar, apple, etc.) RN is formed in the limited enamel area around this area decreases the indicator. Eating more carbohydrate foods As a result, the level of RN at the level of tooth enamel decreases sharply possible An active participant in creating an acidic environment There are microorganisms such as streptococcus mutans, lactobacilli and are actinomycetes. Most of these microorganisms extracellular polysaccharide synthesis from food sugar does. And they, in turn, are the basis of dental care ensures that microbes are firmly rooted in the skin.

What causes caries? How to protect teeth from this disease? How long do disIf you can provide information about the caries disease that is common in children and its causes.

- Food residues accumulate on the chewing surface or the neck of the tooth, and when the mouth is washed, they remain in the natural grooves of the tooth. After a certain time, it rots the tooth enamel, which is the beginning of caries. Parents should take control of the child's teeth brushing.

- Can treatment with silver on the tooth surface protect against caries?
- Silvering is widely used in the treatment of early caries in milk teeth. A certain percentage of silver solution is applied to the surface of the tooth, and this serves to stop caries. However, tooth enamel may darken slightly after silvering. Once caries are detected, the child should undergo a dental examination every six months. If the tooth decay increases, silver nitrate is additionally applied. posable fillings last?

REFERENCES

1. O‘zME. Birinchi jild. Toshkent, 2000-yil
2. ↑ N.A. Tashpulatova.. Stomatologik kasalliklar. «Fan va texnologiya» 2016.
3. Raising children Network <https://raisingchildren.net.au/preschoolers/health-daily-care/dental-care/tooth-decay>
4. 2020 “Yangi O‘zbekiston” va “Pravda Vostoka” gazetlari tahririyati» DUK.
5. Tish kariyesi : <https://avitsenna.uz>