

Improvement Of Measures For Prevention And Treatment Of Periodontal Diseases In Students

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Abstract – In this article, we will examine the data on the preventive work of periodontal diseases in student youth.

The purpose of this article is to reduce the number of periodontal diseases in college students on the basis of a comprehensive medical and social research and the development of a program for the prevention of periodontal diseases

The material and research methods are 86 students of the dental center at the Bukhara Medical Institute. As a result of the work carried out, 86 students were examined.

Keywords – Periodontitis, Periodontal Disease, Collagen Fibers, Orthopantomography, Hypertrophic Gingivitis.

I. RELEVANCE

The state of health of young people is a necessary condition and a defining moment for the well-being of society and its progressive development. Young people are a dynamic age group that is in the process of formation, a contingent that is easily vulnerable from the standpoint of health and needs a specially thought-out monitoring system [1,3,5,8,13, 14,15,19,24,26].

In the structure of the younger generation, students represent a special social group characterized by specific living conditions, forced violation of the regime of work, rest and nutrition. Students belong to a group of population with an increased risk of diseases due to a large psychoemotional and mental stress, the need to adapt to new living and learning conditions, due to the incompleteness of the growth and development of the body [2,4,6,9,11,12,16,19,28]. Students are the vanguard of society and labor, intellectual and defense potential depends on the level of health of this social group [7,10,14,15,17,20,23]. The hygienic education of children implies the involvement of parents, medical workers and teachers working in children's groups in the prevention process, therefore, dental education of students can be considered as a large-scale event, because they are both future parents, and future teachers, and future doctors. Taking into account the above, it seems appropriate to direct efforts to reduce the prevalence and intensity of periodontal diseases on the prevention of this pathology among students with an emphasis on health education and training in oral hygiene. Among the reasons that negatively affect the health of the population, it is necessary to note a decrease in the quality of life (deterioration of working conditions, rest, quality and structure of nutrition, the state of the environment, etc.), excessive stress loads, a decrease in the general level of culture, including sanitary and hygienic, which contributes to the spread of bad habits and unhealthy lifestyles [6,9,14,17,22,25]. Periodontics is currently one of the most important and complex problems in dentistry. According to different authors [4,6,8,10,12,15,17,19,25], the prevalence of periodontal disease reaches 97.9%. Periodontal diseases lead to the appearance of foci of chronic infection in the oral cavity, a decrease in the reactivity of the body, and microbial sensitization. There is a relatively late appeal of patients with inflammatory periodontal diseases to a periodontist. This phenomenon is explained by a clear underestimation of the intensity of subjective assessments of pathological changes in the periodontium relative to the objective severity [1,5,7,10,13,15,18,19,21]. According to E.V. Borovskiy (1987) 64.3% of patients with periodontal diseases go to a dental clinic with a severe form of the disease and only 4.3% with a mild one. In this

regard, periodontal diseases are in one of the first places among the diseases that cause tooth extraction. Anatomical and functional inferiority in periodontal diseases is the cause of dysfunction of the gastrointestinal tract, aesthetic defects, moral depression, and restoration of the dentition entails significant financial costs. Therefore, a special role must be given to prevention. Prevention of periodontal diseases is not only a problem for periodontists or dentists, but also a social problem, since periodontitis affects the quality of human life and complicates the course of many "vital" diseases [3,5,7,11,13,15,17,19]

By origin, mechanism of development, clinical course of periodontal disease are quite diverse. Depending on the nature of the lesion, the depth of the process, the causes of development, the following forms of the disease are distinguished: gingivitis, periodontitis, periodontal disease, periodontal syndrome and periodontomas.[5,8,15,19]

The key to successful treatment is the earliest identification, careful assessment of the patient's condition, his protective forces, the thoroughness of the diagnosis and other criteria that distinguish a doctor who has not only knowledge, but also medical intuition.

II. THE PURPOSE

The purpose of this article is to reduce the number of periodontal diseases in college students on the basis of complex treatment and preventive measures for periodontal diseases.

III. MATERIALS AND RESEARCH METHODS

In the course of our study, we conducted a two-stage examination of patients. At the first stage, a comparative retrospective analysis of 86 dental records of patients with inflammatory periodontal diseases from the city of Bukhara was carried out. At the second stage, we examined and complex treatment of 50 patients, of which 30 were in the control group and 20 were patients with inflammatory periodontal diseases. The main group consisted of 30 patients with inflammatory periodontal diseases who underwent complex treatment, including with the use of dental ointment with netilmicin and propolis extract, the comparison group consisted of 20 patients who received traditional periodontal treatment, the control group - 36 healthy individuals without inflammatory periodontal diseases. All examined patients signed informed voluntary consent for medical intervention. The group of examined patients did not include persons with a diagnosis of severe chronic generalized periodontitis, as well as patients in the stage of exacerbation and with concomitant diseases in the stage of decompensation. According to the results of our research, patients with chronic generalized gingivitis prevailed in the age group of 18-20 years - 20 people (23.2%), while chronic generalized mild periodontitis was detected mainly in the group of 21-25 years-30 (35%). and chronic generalized periodontitis of moderate degree in the group of 26-30 years -36 people (42%).

IV. RESULTS AND DISCUSSION

One of the global problems among all diseases of the maxillofacial region is inflammatory periodontal disease. One of the most important tasks of modern dentistry is the development of new and improved ways to increase the effectiveness of the prevention of inflammatory periodontal diseases. Inflammatory periodontal disease affects the quality of life and is not only a dental problem, but also a socially important problem. The urgency of the problem of improving the quality of diagnosis and treatment of inflammatory periodontal diseases is determined by the growth, late diagnosis, aggressive course of the disease, the lack of stable results in achieving remission and the presence of a connection with various somatic diseases. The processes occurring during inflammation can lead to the development of chronic infections in the tissues of the oral cavity, a decrease in the reactivity of the body, and the formation of various allergic reactions. However, the whole range of available modern dental medicinal materials and methods of clinical examination and treatment of patients diagnosed with inflammatory periodontal diseases are not always able to eliminate all signs of the disease and lead to complete remission. In this regard, an especially important role in the etiology and pathogenesis of diseases associated with inflammatory processes in the periodontal tissues is given to the state of human immunity and to a decrease in the resistance of the periodontal tissues themselves to various bacterial infections. The need and validity of the development of new approaches and effective means without pronounced side effects stems from the total prevalence of inflammatory periodontal diseases, the aggressiveness and severity of treatment, the development of severe consequences affecting the entire body as a whole. In the role of medicinal drugs used in patients with various inflammatory periodontal diseases, it is possible to use in a complex substances with immunostimulating, reparative, antimicrobial, anti-inflammatory and antioxidant effects. In this regard, special attention should be paid to preparations containing such active ingredients as netilmicin and propolis extract. In the course of our study, a two-stage examination of patients was carried out. At the first stage, a comparative retrospective

analysis of 86 dental records of patients with inflammatory periodontal diseases from the city of Bukhara was carried out. At the second stage, an examination and complex treatment of 50 patients were carried out, of which 30 were in the control group and 20 were patients with inflammatory periodontal diseases. The main group consisted of 30 patients with inflammatory periodontal diseases who underwent complex treatment, including with the use of dental ointment with netilmicin and propolis extract, the comparison group consisted of 20 patients who received traditional periodontal treatment, the control group - 36 healthy individuals without inflammatory periodontal diseases ... All examined patients signed informed voluntary consent for medical intervention. The group of examined patients did not include persons with a diagnosis of severe chronic generalized periodontitis, as well as patients in the exacerbation stage and with concomitant diseases in the decompensation stage. According to the results of our research, patients with chronic generalized gingivitis prevailed in the age group of 18-20 years - 20 people (23.2%), while chronic generalized mild periodontitis was detected mainly in the group of 21-25 years - 30 (35%). and chronic generalized periodontitis of moderate degree in the group of 26-30 years - 36 people (42%).

V. CONCLUSIONS

1. The need and validity of the development of new approaches and effective means without pronounced side effects follows from the total prevalence of inflammatory periodontal diseases, the aggressiveness and severity of treatment, the development of severe consequences affecting the entire body as a whole.

2. In the role of medicinal drugs used in patients with various inflammatory periodontal diseases, it is possible to use in a complex of substances with immunostimulating, reparative, antimicrobial, anti-inflammatory and antioxidant effects.

3. According to the results of our research, patients with chronic generalized gingivitis prevailed in the age group of 18-20 years - 20 people (23.2%), while chronic generalized mild periodontitis was detected mainly in the group of 21-25 years - 30 (35%), and chronic generalized periodontitis of moderate degree in the group of 26-30 years old - 36 people (42%).

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