

THE ROLE OF ORAL HYGIENE IN PREVENTING DENTAL DISEASES**Ahadova Shahrizoda Behzod qizi**

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Abstract: This article discusses the importance of oral hygiene in maintaining human health and its role in preventing dental diseases. The study analyzes the impact of oral hygiene on the occurrence of tartar, caries, gum inflammation (gingivitis) and other dental diseases. The article outlines methods for proper dental care, criteria for choosing cleaning products, the preventive importance of proper nutrition and regular dental examinations.

Keywords: oral hygiene, dental diseases, prevention, dentistry, healthy lifestyle, care, caries, antiseptic, gingivitis.

INTRODUCTION: Human health is a complex and multifactorial process. It does not only consist of the health of the heart, lungs or other vital organs, but also the oral cavity, teeth and gums directly affect overall health. Today, the field of dentistry shows that by paying attention to oral hygiene, many diseases can be prevented. After all, the oral cavity is the “entrance door” of the human body, through which food, air and many microorganisms enter. Compliance with oral hygiene is not limited only to the prevention of dental diseases, but also plays an important role in reducing complications associated with cardiovascular, digestive and even endocrine system diseases. Therefore, maintaining oral hygiene is not just a simple daily habit, but an integral part of a healthy lifestyle in the broad sense. In this article, we will discuss the meaning of oral hygiene, its role in the development of dental diseases, preventive measures, modern tools, and its impact on overall health.

1. The concept of oral hygiene and its basic principles. Oral hygiene is a set of measures aimed at reducing the growth of microbes, strengthening tissues and preventing various diseases by keeping the teeth, gums, tongue and the entire oral cavity clean. The basic hygienic principles are as follows:

- ✓ Regular cleaning of teeth - at least twice a day, brushing with the correct technique.
- ✓ Cleaning between the teeth - using floss or special brushes.
- ✓ Tongue hygiene - reducing the growth of bacteria on the surface of the tongue.
- ✓ Rinsing the mouth - using antiseptic solutions.
- ✓ Regular dental examination - visiting a doctor at least once every 6 months.
- ✓ If these simple skills are regularly performed, many diseases of the teeth and gums are stopped at an early stage or do not occur at all.

2. Caries and oral hygiene. Caries is the most common dental disease in the world. According to the World Health Organization (WHO), the prevalence of caries among the world's population is 80–90%. This disease occurs mainly as a result of erosion of the enamel surface under the influence of bacteria, food debris and sugar. The process of caries development is as follows:

- Carbohydrates in food are broken down by bacteria.
- Organic acids are formed in this process.
- Acids begin to eat away at the enamel, minerals are lost.
- A white spot appears on the enamel, which later forms a deep pit.

When proper hygiene is observed, the initial stage of this process is stopped, that is, the enamel can regenerate itself. Fluoride toothpastes also help in this process.

3. The role of gum disease and hygiene. Gingivitis (inflammation of the gums) and periodontitis (deep inflammation of the gums and tissues around the teeth) are the main causes of tooth loss.

As a result of poor hygiene, a bacterial film accumulates around the teeth. This film gradually hardens, forming a “stone” (cavern). As a result, the gums become red, bleed, and swell. If treatment is delayed, periodontitis develops, leading to loosening and loss of teeth. According to studies, people who follow regular hygiene measures have a 40–60% lower risk of developing gingivitis.

4. Modern hygiene products. Today, in addition to regular brushing, additional tools are widely used in dentistry:

- Electric toothbrushes – remove 15–20% more bacterial plaque than a regular toothbrush.
- Fluoride toothpastes – effective in strengthening enamel and preventing caries.
- Mouthwashes – have an antibacterial effect using chlorhexidine, fluoride, menthol and other substances.
- Dental floss – the most effective tool for cleaning food debris between teeth.
- Tongue cleaners – reduce the accumulation of bacteria on the surface of the tongue.

5. The connection between nutrition and hygiene. A healthy diet is an integral part of oral hygiene. Sugar, carbonated drinks and fast food lead to erosion of tooth enamel. On the contrary, dairy products, vegetables and hard fruits strengthen enamel and massage the gums. Also, drinking enough water helps neutralize the acidic environment in the oral cavity.

6. Oral hygiene and general health. Many scientific studies show that poor oral hygiene leads not only to dental, but also to other systemic diseases:

- Cardiovascular system: Gum diseases increase the risk of ischemic heart disease.
- Diabetes: Periodontitis increases diabetic complications.
- Digestive system: Food that is not chewed well leads to gastrointestinal problems.
- Pregnancy: Gum diseases have been found to increase the risk of premature birth.

7. A pressing issue in Uzbekistan. The population of Uzbekistan does not pay enough attention to oral hygiene. Studies show that more than half of schoolchildren brush their teeth with the wrong technique, and some do not follow regular hygiene rules. Therefore, it is urgent to strengthen dental prevention and educational work.

CONCLUSION: In conclusion, it is worth noting that oral hygiene is a simple but effective preventive measure. It is important not only in the prevention of caries and gingivitis, but also in the prevention of many common diseases. Regular and proper brushing of teeth, the use of floss and mouthwash, a healthy diet and regular dental check-ups are the guarantee of healthy teeth and good health. Therefore, oral hygiene should be considered not only for the sake of a “beautiful smile”, but as an important part of overall health.

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