

## ORAL HYGIENE AND ORAL PROPHYLAXIS IN SMOKERS

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**Abstract:** This article mainly focuses on the condition of the oral cavity of smokers and the diseases they may develop as a result of smoking. The article also discusses how smokers can maintain their oral health and prevent various diseases.

**Keywords:** Passive smoking, orofacial, periodontal, infection, caries, gingivitis, ADA, calcium carbonate, silica, nicotine, tar, fluoride, potassium nitrate

**Annotatsiya:** Ushbu maq olada asosan tamaki chekuvchilarning og'iz bo'shlig'ining holati, ularda chekish oqibatida uchrashi mumkin bo'lgan kasalliklar haqida yoritilgan. Maqolada bundan tashqari chekuvchi insonlar og'iz bo'shliqlarini salomatligini saqlashlari va turli kasalliklarga chalinmasliklari uchun qanday profilaktika ishlari olib borishlari ham keltirib o'tilgan.

**Kalit so'zlar :** Passiv chekish, orofasial, periodont, infeksiya, karies, gingivit, ADA, kalsiy karbonat, silica, nikotin, smola, florid, kaliy nitrad.

Introduction: Currently, one of the main directions of health development in our country and around the world is the comprehensive study of the impact of smoking on human health and the development of optimal methods of prevention, diagnosis and treatment of the diseases it causes. The diseases caused by the above-mentioned vice are developing despite the fact that the main harmful effects of the components of tobacco smoke on health have been well known for many years, the vice of smoking continues to develop. Statistical data have been studied throughout our republic and as a result of studies, up to three quarters of men smoke. Women usually smoke less than men, their share in our country is approximately 3%. The increase in the number of women smokers is associated with a change in the role of women in modern society, their economic independence from men. For women, smoking is often one of the elements of self-affirmation. While the number of smokers in developed countries around the world has decreased, the number of smokers, including young people and adolescents, is increasing in Russia and the CIS countries.

Incidence, long-term disability, and overall mortality among the smoking population have increased significantly. According to statistics, 42% of male deaths in Russia are associated with tobacco smoking.

The components of tobacco smoke affect not only smokers, but also non-smokers. It is known that breathing air polluted with tobacco smoke, "passive smoking", contributes to the development of

diseases characteristic of tobacco smokers in non-smokers. All this makes it possible to consider the fight against smoking as an important medical and social problem.

Main part: Tobacco smoking is a risk factor that has a strong toxic effect on the tissues around the teeth. The harmful effect of tobacco smoking on the tissues around the teeth depends on the number of cigarettes smoked per day and the duration of smoking. In addition, the harmful effects of tobacco are more pronounced in men than in women.

Oral health is measured by the absence of orofacial pain, oral infections, periodontal (soft tissue) disease, dental caries, tooth loss, and other orofacial diseases and disorders that affect a person's overall physical and mental health and social well-being. This is especially important for older people. The world's population is aging rapidly. Living longer means that many older people have more complex health care needs and are less likely to have a quality of life.

Many studies show that traditional cigarette smokers have poorer oral hygiene than e-cigarette users, although both groups have periodontal disease, such as deep pockets and bleeding gums. Quitting smoking reduces the risk of oral health problems, but current smokers, especially women, are at higher risk for oral problems such as tooth loss and oral cancer.

Smokers should brush and floss at least twice a day to prevent the damage caused by smoking. Brushing after smoking helps remove tar and other chemicals. They should brush their teeth with a soft- or medium-bristled toothbrush and follow proper brushing habits. Toothpastes designed for smokers tend to have strong chemicals and strong mint flavors that fight bacteria and freshen breath.

To reduce the risk of gingivitis or periodontal disease, it is recommended to use ADA-approved fluoride toothpastes. Toothpastes designed for smokers tend to have strong abrasives. The most commonly used abrasives include silica and calcium carbonate. Consider toothpastes with activated charcoal, baking soda, or peroxide to remove stains, as well as products that contain essential oils like tea tree, eucalyptus, or peppermint for antimicrobial and breath-freshening benefits. Crest Gum Detoxify helps neutralize harmful bacteria beneath the gums. Crest Gum and Enamel Repair protects your gums and strengthens your teeth. Crest Pro-Health Advanced Whitening removes plaque, prevents tartar buildup, and safely whitens teeth. If you have sensitive teeth, choose a toothpaste designed for sensitivity that contains ingredients like potassium nitrate or stannous fluoride.

Conclusion: It should be concluded that smoking tobacco, due to the nicotine and combustion products it contains, causes damage to the oral mucosa, the development of diseases such as caries, stomatitis, gingivitis. Therefore, we should constantly assess the condition of the oral cavity of smokers and prevent them from contracting diseases. It is very important for smokers to regularly rinse their mouths with antiseptic solutions, clean them, and choose personal hygiene products correctly for prevention.

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