

OPTIMIZATION OF CARIES PREVENTION IN PRESCHOOL CHILDREN

Umarova Odinakhon Numonovna

Assistant of the Department of Pediatric Dentistry

Abstract: It has been established that a comprehensive approach to the prevention of dental caries in children, including oral hygiene, normalization of microflora, proper nutrition and timely implementation of dental procedures, allows for the timely prevention of various dental pathologies in childhood.

Keywords: children, caries, prevention, hygiene, microflora.

INTRODUCTION

The problem of dental caries in children remains relevant, since at the age of 1-3 years the prevalence of caries is 12.2%, at 3-6 years - 57.7%, and after 6 years it reaches 85.4%* (K.P. Fedorov, 2011; E.J. Keepe, 2013, etc.), which is an indication for active primary prevention and treatment of dental caries in children. Along with the problem of dental caries, in preschool children in 68.5-95% of cases there is a negative attitude towards dental interventions, which makes the treatment of dental caries and its complications difficult or impossible. The high incidence of caries in children indicates the insufficient effectiveness of general and local preventive measures and confirms the relevance of this problem. Despite the use of various methods of prevention and treatment, caries still remains one of the most common oral diseases in children and adults [1, 4]. Traditional preventive measures, such as methods of improving oral hygiene, limiting the consumption of sugar-containing foods, sanitizing procedures of the oral cavity, removing dental plaque, fillings are insufficiently effective in a number of cases [2, 3]. In frequently ill children, the body's defenses are reduced, their immune status changes, intestinal dysbacteriosis develops, and the oral microflora worsens. One of the important factors is determining the sensitivity of microorganisms to drugs in the treatment of oral diseases due to the emergence and widespread spread of antibiotic resistance in bacteria [3].

MATERIALS AND METHODS

The results of using a differentiated approach to choosing methods for preventing dental caries in children were studied in the clinic in 50 children of different age groups. When distributing children by age groups (n=50), a significant proportion were children aged 4 to 6 and 10 to 14 years.

When studying the structure of caries lesions in primary teeth in children, it was found that in children aged 1 year, the incisors group is predominantly affected. In all other age periods, molars occupy the first place, the share of lesions of which increases from 35% in one-year-olds to 89% in 6-year-olds, as a result of which the most important thing is to prevent caries of incisors. From the age of 2, the occlusal surface of molars is predominantly affected in children, the share of which gradually increases from 32% in one-year-olds to 76% in 6-year-olds, therefore, for children over 12 months, it is important to prevent caries of the occlusal surface of molars.

RESULTS AND DISCUSSION

The main preventive measures are: oral hygiene; normalization of the gastrointestinal microflora; proper nutrition; timely implementation of dental procedures. Prevention of diseases of baby teeth should begin during the mother's pregnancy. The expectant mother needs to carry out diagnostic and therapeutic measures for her own teeth, since each diseased tooth is a source of infection that can cause problems with the child's oral cavity in the future. The embryo's organs are laid down in the first weeks of pregnancy. By the 13th week, the child's future teeth are already formed, and by the fifth month, the process of their mineralization begins. Calcium and fluorine are the basis for teeth. In addition to taking vitamins prescribed to a pregnant woman by a doctor, it is

necessary to pay attention to nutrition: cottage cheese, dried apricots, fish, etc. should be included in the diet. Subsequently, the already born child will continue to receive the substances necessary for his teeth through breast milk, therefore, during the period of breastfeeding, the mother needs to monitor her diet and not stop taking vitamins. Later, when the child gets teeth, parents will face a new task - to teach the child how to properly care for the oral cavity. Oral hygiene for children from 6 months to 1 year. It is necessary to start cleaning the child's oral cavity from the moment the first tooth erupts. The first method used to clean the teeth is wiping. The adult performing this procedure must do it quickly, effectively and safely, for which it is necessary to position the child so as to clearly see the teeth being cleaned and be able to restrain the child's movements. The incisors are wiped with damp gauze, directing the movements from the gum to the cutting edge of the tooth. Wiping is carried out 1-2 times a day. As the child gets used to the procedures, they begin to use a brush, preferably with a small head with soft bristles. The brush is moistened. The incisors are cleaned with short vertical movements from the gum to the cutting edge. Ideally, parents should be taught these oral hygiene tips beforehand during talks with their obstetrician, pediatrician, and dentist during pregnancy, and immediately after the baby is born.

Oral hygiene for children aged 1 to 3 years. At this age, the main method of oral care is brushing teeth. The procedure is performed by parents, gradually involving the child in this. The child and parent are located near the sink, in front of the mirror, the adult stands behind the child. To brush the child's teeth, parents use soft brushes with a small head and a long handle. A pea-sized amount of toothpaste is used when the parents' hands move the brush automatically, without requiring full visual control. It is important to teach the child to control swallowing while brushing teeth, and to teach him to rinse his mouth after brushing. Oral hygiene for children aged 4 to 6 years. The main means for oral care for children aged 4-6 years are a brush and paste. The brush should have soft bristles. In children aged 5-6, the first permanent molars are erupting, which require increased attention: on the one hand, the rate of plaque formation is maximum on erupting teeth (the teeth are not involved in occlusion), and on the other hand, the intensity of the brush movement is limited by the presence of gums on the chewing surface. Therefore, parents are advised to start brushing their child's teeth with these most problematic teeth.

Oral hygiene for children aged 7 to 10 years. At the age of 7-10, a significant portion of children still do not have sufficient hand motor skills or the proper degree of responsibility to perform this procedure completely independently. Parents should constantly support the motivation of children, control the process of brushing their teeth with a brush and qualitatively complete it with their own hands. The duration of brushing teeth should last at least 3 minutes in the morning and before bedtime.

CONCLUSION

A comprehensive approach to dental caries prevention, including both oral hygiene and normalization of microflora, proper nutrition and timely implementation of dental procedures will help prevent various dental pathologies in children. It has been established that a differentiated approach to teaching oral hygiene to children of different age groups is one of the main measures to prevent dental caries in children.

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