

## TREATMENT AND PREVENTION OF CARIES DISEASE IN CHILDREN

**Jaloliddinov Sh.I**

Fergana Medical institute of Public Health

**Abstract:** Caries is one of the most common diseases of the oral cavity. When caries occurs, the tooth enamel is first damaged, and if left untreated, it damages the hard tissues of the tooth. It is very common among children today. The first sign of caries is the appearance of black spots on tooth enamel. If these spots are not paid attention to, the diameter of the caries may increase and the pathology may spread deeper into the tooth tissue and create a "hole"[1,2,4,5,6].

**Key words:** caries, pulp, tooth enamel, dentin, medium caries, superficial caries, deep caries, cement.

**INTRODUCTION:** Caries is derived from Latin and means "to rot". When caries breaks through the tooth enamel and dentin, it reaches the pulp (soft tissue of the tooth) and can cause severe pain. Inflammation of the pulp is called pulpitis. Depending on the degree of damage to the tooth, caries are divided into spots (discoloration of the tooth surface), superficial caries (surface damage), medium caries (the upper part of the dentin is damaged) and deep caries (the dentin is almost completely damaged and has reached the pulp). In addition, caries of enamel, dentine and root cement are classified separately - in root cement caries, the disease appears under the gums[3,7,8,10,11,12].

Depending on the location of the fissure, i.e., it occurs in the cavity of the tooth, caries are classified as proximal - between the teeth and near the neck - near or below the gums. In addition, there are caries of the front teeth, which have a negative effect on the aesthetics of the smile[9,13]. Usually, when the front teeth are damaged, even those who are afraid of dentists immediately turn to them. If you detect caries at an early stage, you can stop it even without the help of a dentist.

It is very easy to determine if you have tooth decay. A change in the color of the tooth surface (the stain can be dark or liquid) or its structure, for example, roughness, are symptoms that indicate the occurrence of the disease[14]. Also, toothache when eating, especially strong pain that occurs under the influence of sweet, hot and cold, is also a sign of caries. Bad breath can also be a symptom of illness. If the disease has progressed to the middle stage, a cavity has appeared in the tooth - usually it is easily felt with the tongue[15]. However, the "hole" does not occur only because of caries, the exact diagnosis can only be made by a dentist.

The main cause of caries (tooth decay) is acid-producing bacteria that leach fluoride and calcium from tooth tissue. Microorganisms begin to multiply and damage the tooth 1-2 hours after cleaning the oral cavity, causing tooth decay. Lack of salivation can also contribute to the development of caries. In fact, the mineral substances of saliva are able to partially eliminate the acids produced by bacteria. When saliva is produced too little, the acids begin to erode the teeth quickly. In addition, saliva partially washes away wrinkles[16]. Xerostomia ("dryness" in the mouth) can develop as a result of various diseases, for example, diabetes, hypertension, nasal breathing disorders.

In addition, tooth decay can also be caused by frequent consumption of sweets, and this depends not on how much glucose is consumed, but on how long it is in contact with the teeth, that is, how long it "sticks" to the teeth[17]. . Improper nutrition affects not only the teeth, but also the health of the oral cavity as a whole.

Also, caries can develop due to a malfunction of the immune system, among other factors. The reason for the breakdown can be stress. Stress can also slow down mineralization processes in the oral cavity.

If caries is detected, you should change your diet, pay more attention to oral hygiene, and give preference to toothpastes with a high content of calcium and fluoride. Only timely treatment of caries helps to save teeth[18].

If the caries is in the stage of staining, enough fluorine and calcium saturation of the teeth is enough to eliminate it. To treat caries, it is necessary to saw off the damaged part of the tooth and restore its natural shape with the help of filling materials. In the treatment of deep caries, a temporary filling is first placed, and then a permanent filling is placed. If caries appears under the filling, radiography is used to determine it.

There are two main methods of caries treatment: non-invasive ("without sawing") and invasive (with sawing of the affected tissue). The choice of method depends on the stage of the disease.

Non-invasive treatment - no sawing is used in this treatment. This method is used if the disease is in the initial stage, i.e. the color of the enamel has changed, or there are characteristics of the patient's body (for example, an allergic reaction to painkillers). The essence of the non-invasive method is the removal of soft enamel and mineralization. Treatment is carried out in several stages: examination, separation from the gum and application of necessary materials[19,20]. The duration of the procedure is about an hour, it depends on the equipment and the skills of the dentist. If the treatment is carried out qualitatively, the disease will not recur if the teeth are properly cared for. However, if the patient does not give up his bad habits, the doctor is not to blame.

Treatment of the hard tissues of the tooth with sawing - treatment with the help of the apparatus with anesthesia of the damaged parts of the tooth. Treatment stages depend on the stage of the disease.

Average caries are treated according to the following scheme:

- Analgesia;
- Mechanical and drug treatment;
- Installation of protective coating;
- Restoring the anatomical shape of the tooth using filling materials;
- Grinding and finishing.

In case of deep caries, it is necessary to check the degree of damage before placing a coating, that is, how close the affected pulp is to the surface. This is done so that pain does not occur after the treatment. The duration of treatment of medium and deep caries lasts one hour, sometimes up to two hours. Average caries, as we said before, are usually treated with one visit, while deep caries require two visits to the dentist, and in severe cases - three or more times. The effectiveness of the treatment depends on the quality of the drugs used, the specialist's skills and the specific characteristics of the organism. In case of improper nutrition and poor hygiene, as well as weak immunity, the disease may recur after a period of time.

One of the modern approaches to the treatment of caries is the chemical-mechanical method. This method consists of placing special tools in the area of the affected tooth, and then removing and filling the affected part of the tooth. The advantages of this method are that it is painless and does not require deep sawing. Pathological tissue can also be removed as a result of strong air or water spraying, using special powders. But this method is effective only in the initial stages of caries. Damaged areas can also be removed with a laser. It recognizes the affected tissue and vaporizes it. Such modern methods certainly do not cause much discomfort and are painless, but such procedures can be very expensive for the patient.

**CONCLUSION:** To protect the teeth from caries, they should be cleaned with sweeping movements while brushing. Actions for this treatment should last at least 3-5 minutes. Don't forget to clean your tongue. Be sure to brush your teeth after eating. Nutrition also affects the development of caries. After eating sweet or very sour (green apple, lemon) drink some water and rinse your mouth thoroughly. Eat fruits and vegetables rich in calcium and fluoride, and pay attention to vitamins C and D. Raw carrots have a particularly beneficial effect on the health of teeth.

It is necessary to visit the dentist once every six months, so that it is possible to detect caries at the initial stage and prevent its development. Because caries can be not only on the surface of the tooth, but also in areas of the tooth that the patient cannot see.

## REFERENCES:

1. Madaminov S.M., Madaminov A.S. Efficiency of application of innovative biomechanical orthopedic instruments in the pathology of the bone joint system. World Bulletin of Public Health. Volume-23, 104-108, June 2023
2. Makhmudova Kh.T. Features of providing highly specialized medical care to pregnant women with Covid-19 in obstetric practice. "Current problems of diagnosis and treatment of coronavirus infection" -2022
3. А.А.Джурабаев. О роли выбора лечебной тактики при панкреонекрозе/ Xirurgik operatsiyalardan keyingi asoratlari ularni oldini olish va davolashda kompleks yondashuv - Respublika ilmiy-amaliy konferensiyasi, 2023, стр.32-35
4. А.А.Джурабаев. Осложнения в послеоперационном периоде и их управление// Xirurgik operatsiyalardan keyingi asoratlari ularni oldini olish va davolashda kompleks yondashuv - Respublika ilmiy-amaliy konferensiyasi, 2023, стр.36-37
5. А.А.Джурабаев. Анализ ранних внутрибрюшных осложнений в абдоминальной хирургии// Xirurgik operatsiyalardan keyingi asoratlari ularni oldini olish va davolashda kompleks yondashuv -Respublika ilmiy-amaliy konferensiyasi, 2023, стр.37-38
6. А.А.Джурабаев. Проблемные вопросы послеоперационных гастростазов/ Xirurgik operatsiyalardan keyingi asoratlari ularni oldini olish va davolashda kompleks yondashuv - Respublika ilmiy-amaliy konferensiyasi, 2023, стр.38-40
7. А.А.Джурабаев. О проблемах лечения деструктивного панкреатита/ Xirurgik operatsiyalardan keyingi asoratlari ularni oldini olish va davolashda kompleks yondashuv - Respublika ilmiy-amaliy konferensiyasi, 2023, стр.40-46
8. С.М.Мадаминов, А.А.Джурабаев. О вопросах повторных реконструктивных операций на желудке/ Xirurgik operatsiyalardan keyingi asoratlari ularni oldini olish va davolashda kompleks yondashuv -Respublika ilmiy-amaliy konferensiyasi, стр.46-48
9. IN Rahmatjonovna. Qabziyat sabablari, tashxislash va davolash. научные исследования и общественные проблемы 1 (1), 205-207
10. НР Исакова, Ж Юнусов, АГ Худоярова. Возможные пути коррекции секреторной функции поджелудочной железы с её протоковой системы. неделя науки-2017, 489-491
11. Isaqova, N.R. Influence of constipation on anthropometric indicators of children. Science and Innovation, Volume 1, Issue 8, pp. 888-892, 2022.
12. IN Rahmatjonovna. The most pressing problem today is iodine deficiency. World Bulletin of Public Health 23, 97-100
13. Isakova N.R. The effect of constipation due to diseases of the colon on the anthropometric parameters of children. Asian journal of multidimensional research, Volume:10, Issue 5, pp. 666-669
14. IN Rahmatjonovna. Effects of colonic diseases on children's health. World bulletin of public health 23, 101-103, 2023
15. ИН Рахматжоновна. Влияние запора на антропометрические показатели детей при заболеваниях толстого кишечника. Тиббиётда янги кун 2 (34), 85-87
16. Y.Nishonov., A.Abdulhakimov., N.Madrahimova. Scientific bases of methods for studying anthropometry of the eye bowl. Science and Innovation, Volume 1, Issue 8, pp. 1001-1006, 2022.
17. 7-18 ёшли болаларнинг кўз косаси антропометриясини ўрганиш. Ю.Н.Нишонов., А.П.Абдулхакимов., Н.П.Мадрахимова. Scientific impulse 1(5), 910-913, 2022.

18. Palvanova M.S. Morphological changes in the bone tissue of the child's body in the age aspect. World Bulletin of Public Health, 94-96, 2023
19. Р.Т.Юсупова, О.Е. Шаланкова Репродуктивное здоровье девочек-подростков, проживающих в условиях Ферганской долины. Университетская наука: взгляд в будущее, 612-614, 2020
20. Palvanova M.S., Akhmatov B.K. Chronic myeloid leukemia epidemiology in the Fergana region over decade from 2010 until 2020. Science and innovation, Volume1, issue 8, pp. 1020-1025