

THEORETICAL FUNDAMENTALS OF CARIES PREVENTION

Axmedova Malika Qilichovna

Asian International University. Bukhara, Uzbekistan

Email: axmedovamalika1982@gmail.com

Annotation:

The majority of the world's population suffers from dental caries. According to estimates, 90% of people on earth are infected with this disease. Dental caries remains one of the main global health problems. This disease itself is a simple black point. when it begins, it leads to the loss of the tooth in our mouth. The purpose of prevention is not to fight the disease, but to prevent it from appearing.

Key words: Tooth, oral cavity hygiene, prevention, dentist, caries, complex, endogenous, exogenous.

According to the World Health Organization, dentists of the whole world are not able to treat billions of dental caries and its complications, even economically developed countries are obliged to increase dental care by 3-8 times. According to these data, it is necessary to increase preventive measures in the fight against caries. By WHO, dental caries is included in the set of diseases that need to be prevented as the sixth of the modern diseases.

Caries is a pathological process that is accompanied by demineralization and progressive destruction of tooth hard tissue and the appearance of a cavity-like defect. Caries is a common disease that occurs in 95% of the population. Currently, there are several hundred theories about the origin of caries. Caries is caused by many factors.

The main cause of caries 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. 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. Visiting the dentist is mandatory.

Prevention is a complex of activities of state, social, hygienic, medical institutions aimed at maintaining public health and preventing diseases. The main goal of prevention is to prevent the causes and conditions that cause diseases and to strengthen the body. In the prevention of the disease, it is necessary to carry out procedures with a clear knowledge of its etiology and pathogenesis. it leads to chronic disease. Timely treatment of severe caries helps to save teeth.

In prevention, the main activity is focused on three factors. In practice, this situation is called "complex prevention". Prevention of dental caries is conditionally divided into three:

- 1) Elimination of microorganisms in dental care.
- 2) Reducing the amount of sugar in the diet.
- 3) Increasing the amount of fluoride in the environment.

Schematically all preventive measures into 4 groups can be separated.

Endogenous drug-free prevention of dental caries. Protein, amino acids, macro- and microelements, vitamins should be added to the body.

1. Dietary measures, consumption of calcium and fluoride preservatives ensure tooth eruption and enameling.
2. Prevention with endogenous drugs. Preventive medicine means prevention of pregnant women, pre-school age, school age and adults. Calcium and fluoride preparations, vitamins, fish oil, sodium nucleic acid, phytin, methionine and others are widely used.
3. Prevention without exogenous drugs. In this case, patients are prescribed intensive chewing of hard food, oral hygiene, professional hygiene, balanced diet, restriction of carbohydrates, replacement of sugar and sugar substitutes, rational prosthetics.
4. Prevention with exogenous drugs. Local use of remineralizing agents is envisaged. 10% calcium gluconate solution, 2% sodium fluoride, 3% remodent, fluoride varnish and gel are applied to the hard tissues of the tooth. Medicinal baths, rinsing with drugs, electrophoresis and rubbing prevention is carried out.

Prevention of dental diseases is good oral hygiene.

Oral hygiene is performed in two ways:

- 1 Personal hygiene.
- 2 Professional professional hygiene.

Personal hygiene is carried out by the patient himself with personal hygiene products, brushes, pastes, thread floss, elixirs.

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.

Conclusion: Health is the greatest blessing given to man. It is everyone's duty to know the causes of diseases and their prevention. So, since we are starting to prevent caries, we should follow oral hygiene, eat right, in addition, consume products or preparations with vitamins and necessary substances that ensure tooth strength, harmful we must give up products and habits.

If children are taught and inculcated hygiene rules, tooth cleaning methods, and rational eating habits from kindergarten and school age, when they grow up, these rules and procedures will become permanent daily skills. Of course, prevention of caries should also be aimed at prevention of common diseases. Dietary, dairy and pea foods, especially foods rich in vitamins C and D are considered useful. Fresh air, water treatments, physical training, physical culture and sports increase the strength of the body and prevent various diseases and, of course, dental diseases.

References:

1. Qilichovna, A. M. (2024). CLINIC FOR PATIENTS WITH DENTURES COMPARATIVE DIAGNOSIS AND PATHOGENESIS. *TADQIQOTLAR*, 30(3), 127-135.
2. Ahmedova, M. (2023). COMPARATIVE ANALYSIS OF NUTRITIONAL DISPARITIES AMONG PEDIATRIC POPULATIONS: A STUDY OF CHILDREN WITH DENTAL

- CAVITIES VERSUS THOSE IN OPTIMAL HEALTH. *International Bulletin of Medical Sciences and Clinical Research*, 3(12), 68-72.
3. Ahmedova, M. (2023). DIFFERENCES IN NUTRITION OF CHILDREN WITH DENTAL CARIES AND HEALTHY CHILDREN. *International Bulletin of Medical Sciences and Clinical Research*, 3(12), 42-46.
 4. Axmedova, M. (2023). TISH KARIESINING KENG TARQALISHIGA SABAB VO'LUVCHI OMILLAR. *Центральноазиатский журнал образования и инноваций*, 2(12), 200-205.
 5. Ахмедова, М. (2023). ИСПОЛЬЗОВАНИЕ КОМПЬЮТЕРНЫХ ТЕХНОЛОГИЙ НА ЭТАПАХ ДИАГНОСТИКИ И ПЛАНИРОВАНИЯ ОРТОПЕДИЧЕСКОГО ЛЕЧЕНИЯ НА ОСНОВЕ ЭНДОССАЛЬНЫХ ИМПЛАНТАТОВ. *Центральноазиатский журнал образования и инноваций*, 2(11 Part 2), 167-173.
 6. Axmedova, M. (2023). USE OF COMPUTER TECHNOLOGY AT THE STAGES OF DIAGNOSIS AND PLANNING ORTHOPEDIC TREATMENT BASED ON ENDOSSEAL IMPLANTS. *International Bulletin of Medical Sciences and Clinical Research*, 3(11), 54-58.
 7. Ахмедова, М. (2020). НАРУШЕНИЯ ЭНДОТЕЛИАЛЬНОЙ ФУНКЦИИ ПРИ РАЗВИТИИ АФТОЗНОГО СТОМАТИТА. *Достижения науки и образования*, (18 (72)), 65-69.
 8. Axmedova, M. (2023). THE IMPACT OF SOCIOCULTURAL FACTORS ON THE PERVASIVENESS OF DENTAL CARIES AS A COMPLEX HEALTH CONDITION IN CONTEMPORARY SOCIETY. *International Bulletin of Medical Sciences and Clinical Research*, 3(9), 24-28.
 9. Ахмедова, М. К. (2024). ОБЩИЕ ПРИЧИНЫ КАРИЕСА ЗУБОВ. *Лучшие интеллектуальные исследования*, 14(4), 77-85.
 10. Qilichovna, A. M. (2024). CLINICAL SIGNS WHEN ACCOMPANIED BY DENTAL DISEASES AND METABOLIC SYNDROME. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 39(5), 116-24.
 11. Ахмедова, М. К. (2024). Профилактика Стоматологических Заболеваний У Беременных. *Research Journal of Trauma and Disability Studies*, 3(3), 66-72.
 12. Ахмедова, М. К. (2024). ОСНОВНЫЕ ПРОФИЛАКТИЧЕСКИЕ МЕТОДЫ ТКАНЕЙ ПАРОДОНТА У ДЕТЕЙ И ПОДРОСТКОВ. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 41(5), 254-260.
 13. Qilichovna, A. M. (2024). PREVENTION OF PERIODONTAL DISEASES IN CHILDREN AND TEENAGERS. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 41(5), 234-239.
 14. Qilichovna, A. M. (2024). PREVENTION OF PERIODONTAL AND GUM DISEASES IN PREGNANT WOMEN. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 41(5), 240-245.
 15. Qilichovna, A. M. (2024). HOMILADOR AYOLLARDA TISH VA PARADONT KASALLIKLARINING OLDINI OLISH. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 41(5), 246-253.
 16. Ахмедова, М. К. (2024). ИЗУЧЕНИЕ ПРИЧИННЫХ ФАКТОРОВ ПАРОДОНТИТА. *Journal of new century innovations*, 49(3), 47-53.
 17. Qilichovna, A. M. (2024). TO STUDY THE FACTORS THAT CAUSE PERIODONTITIS. *Journal of new century innovations*, 49(3), 40-46.
 18. Qilichovna, A. M. (2024). THE ROLE OF PATHOGENESIS IN THE GROWTH FACTORS OF PERIODONTITIS DISEASE. *Journal of new century innovations*, 49(3), 25-32.

19. Qilichovna, A. M. (2024). TISH KARIYESI BO'LGAN BOLALAR VA SOG'LOM BOLALARNING OVQATLANISHIDAGI FARQLAR. *Ta'limning zamonaviy transformatsiyasi*, 6(2), 213-223.
20. Ахмедова, М. К. (2024). РАЗЛИЧИЯ В ПИТАНИИ ДЕТЕЙ С КАРИЕСОМ ЗУБОВ И ЗДОРОВЫХ ДЕТЕЙ. *Ta'limning zamonaviy transformatsiyasi*, 6(2), 224-234.
21. Qilichovna, A. M., Nematilloevna, X. M., & Ergashevich, I. I. (2024). THE ROLE OF CARIOGENIC AND PROTECTIVE FACTORS IN THE PREVENTION OF CARIES. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 43(8), 45-51.
22. Qilichovna, A. M., Nematilloevna, X. M., & Ergashevich, I. I. (2024). KARIYESNING OLDINI OLISHDA KARIOGEN VA HIMOYA OMILLARNING ROLI. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 43(8), 52-59.
23. Qilichovna, A. M. (2024). FACTORS CAUSING THE WIDE SPREAD OF DENTAL CARIES. *EUROPEAN JOURNAL OF MODERN MEDICINE AND PRACTICE*, 4(4), 154-160.
24. Nematilloevna, X. M., & Qilichovna, A. M. (2024). MORPHO-FUNCTIONAL CHANGES IN ACUTE FORMS OF APHTHOUS STOMATITIS: Yangi O'zbekiston taraqqiyotida tadqiqotlarni o'rni va rivojlanish omillari. *Yangi O'zbekiston taraqqiyotida tadqiqotlarni o'rni va rivojlanish omillari*, 6(4), 177-186.
25. Qilichovna, A. M., & Nematilloevna, X. M. (2024). METABOLIK SINDROMI VA QON BOSIMI BOR BEMORLARDA O'ZGARISH XUSUSIYATLARI BAHOLASH: Yangi O'zbekiston taraqqiyotida tadqiqotlarni o'rni va rivojlanish omillari. *Yangi O'zbekiston taraqqiyotida tadqiqotlarni o'rni va rivojlanish omillari*, 6(4), 187-196.
26. Qilichovna, A. M., & Nematilloevna, X. M. (2024). TIBBIYOT TILI HISOBLANMISH LOTIN TILINI SAMARALI O'RGANISH OMILLARI: Yangi O'zbekiston taraqqiyotida tadqiqotlarni o'rni va rivojlanish omillari. *Yangi O'zbekiston taraqqiyotida tadqiqotlarni o'rni va rivojlanish omillari*, 6(4), 197-206.
27. Хафизова, М. Н. КРИТЕРИИ ОБУЧЕНИЯ ПРОФЕССИОНАЛЬНО-ОРИЕНТИРОВАННОЙ КОМПЕТЕНЦИИ.
28. Bakayev, N. B., Shodiev, S. S., Khafizova, M. N., & Ostonova, S. N. (2020). SHAKESPEARS LEXICON: REASON WORD AS A DESIGN OF THE CONCEPT OF THE ABILITY OF THE HUMAN MIND TO ABSTRACTION, CONCLUSION. *Theoretical & Applied Science*, (6), 162-166.
29. Nematilloevna, X. M. (2024). UCH ASOSIY TERMINOLOGIK LUG'ATLARNING TILI. *PEDAGOG*, 7(1), 184-187.
30. Nematilloevna, K. M. The Easy Ways of Learning Medical Plants (Phytonyms) in the Department of Pharmaceutical Terminology. *JournalNX*, 7(06), 274-277.
31. Хафизова, М. (2023). ТРИ ЧАСТИ МЕДИЦИНСКИХ ТЕРМИНОВ. *Центральноазиатский журнал образования и инноваций*, 2(12 Part 2), 134-138.
32. Хафизова, М. (2023). ПРОСТЫЕ СПОСОБЫ ИЗУЧЕНИЯ ЛЕКАРСТВЕННЫХ РАСТЕНИЙ (ФИТОНИМОВ) В РАЗДЕЛЕ ФАРМАЦЕВТИЧЕСКОЙ ТЕРМИНОЛОГИИ. *Центральноазиатский журнал образования и инноваций*, 2(11 Part 2), 193-198.
33. Nematilloevna, X. M. (2024). ANATOMIK TERMINOLOGIYA BO'LIMIDA LOTIN TILI SIFATLARINING MA'NO JIHATLARI. *Лучшие интеллектуальные исследования*, 14(5), 47-54.

34. Nematilloeyvna, X. M. (2024). LOTIN TILI OT SO'Z TURKUMINING O'ZBEK GURUHLARDA O'RGANILISHI. *Лучшие интеллектуальные исследования*, 14(4), 104-110.
35. Hafizova, M. (2024). LOTIN TIL AMALIY MASHG'ULOTLARIDA TERMIN, ATAMA VA IBORA SO'ZLARINING QO'LLANILISHI. *Журнал академических исследований нового Узбекистана*, 1(1), 132-136.
36. Хафизова, М. Н. (2024). УПОТРЕБЛЕНИЕ ЛАТИНСКИХ СУЩЕСТВИТЕЛЬНЫХ В РАЗДЕЛЕ АНАТОМИЧЕСКОЙ ТЕРМИНОЛОГИИ. *Лучшие интеллектуальные исследования*, 16(2), 256-265.
37. Nematilloeyvna, X. M. (2024). LOTIN TILI MODULIDA SANOQ VA TARTIB SONLARNING QO'LLANILISH JIHATLARI. *Лучшие интеллектуальные исследования*, 16(2), 249-255.
38. Khafizova, M. (2024). STUDING MEDICINAL PLANTS (PHYTONYMS) IN THE SECTION OF PHARMACEUTICAL TERMINOLOGY. *Центральноазиатский журнал междисциплинарных исследований и исследований в области управления*, 1(2), 4-7.
39. Nematillaevna, K. M. (2024). Aspects of the Usage of Cardinal and Ordinal Numerals in the Latin Language Module. *Research Journal of Trauma and Disability Studies*, 3(3), 278-283.
40. Хафизова, М. Н. (2024). ПРИМЕНЕНИЯ ЧИСЛИТЕЛЬНЫХ В МЕДИЦИНСКОЙ ТЕРМИНОЛОГИИ. *TADQIQOTLAR. UZ*, 34(3), 116-122.
41. Nematilloeyvna, X. M. (2024). TIBBIYOT TERMINOLOGIYASIDA MA'NODOSH SO'ZLARNING QO'LLANILISH ASPEKTLARI. *Ta'limning zamonaviy transformatsiyasi*, 6(2), 202-212.
42. Иргашев, И. Э., & Ахмедова, М. К. (2024). СОВРЕМЕННЫЕ ПРИНЦИПЫ ВЫВОДА ПАЦИЕНТОВ В АСТМАТИЧЕСКОМ СТАТУСЕ. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 43(8), 28-35.
43. Иргашев, И. Э., & Ахмедова, М. К. (2024). НОВЫЕ ПРИНЦИПЫ ЛЕЧЕНИЯ БРОНХИАЛЬНОЙ АСТМЫ. *ОБРАЗОВАНИЕ НАУКА И ИННОВАЦИОННЫЕ ИДЕИ В МИРЕ*, 43(8), 19-27.