

Preventive Measures for Periodontal Disease

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Abstract: Periodontitis is an acute or chronic dental disease accompanied by an inflammatory process in the tissues that support the tooth in its normal position. The disease is characterized by inflammation of the periodontal tissues of varying severity. Sometimes the pathological process does not manifest itself at all for a long time. There are no clinical manifestations. At the same time, destruction still occurs, it does not go away on its own and does not disappear anywhere.

Only a dentist or periodontist can diagnose periodontitis by conducting a series of appropriate studies. Pathology is treated in a comprehensive manner. Correction of the inflammatory process and professional hygiene are carried out. With a competent, qualified approach, there are all chances to cope with the disease and achieve a complete cure.

Keywords: Oral diseases; Causes; Types; Symptoms; Diagnostics; Treatment; Prognosis and prevention.

Introduction:

Periodontitis is based on bacterial damage to the periodontal tissues. The structures that hold the tooth in its normal anatomical position, the ligamentous apparatus of the tooth. The pathological condition is widespread. According to statistics, periodontitis occurs in almost 15% of people under the age of 30, regardless of lifestyle.

After 30-40 years, the frequency of clinical cases increases several times, more than half of people become ill. Subjective factors are also added to age-related changes. The development of the disease occurs gradually, there are all opportunities for high-quality detection and elimination of the pathological condition. It is very important to determine the cause of the disease. It is necessary for the appointment of appropriate therapy.

The direct cause of periodontitis and dental lesions is the active reproduction of infectious agents in the patient's oral cavity. The main cause of the disorder is the formation of a large amount of plaque. Poor oral hygiene.

Research methods and materials: Even with great desire and diligence, it is impossible to achieve complete cleaning of all teeth. There are many areas that are difficult to process with a regular brush. Therefore, dentists emphasize the important role of irrigators, floss and dental floss. This is an effective measure for the prevention of dental diseases. Including caries and periodontitis.

The formation of a large amount of dental plaque increases the level of contamination of the oral cavity with infectious agents. The greatest role in the development of the pathological process is played by several groups of bacteria, including:

- a. spirochetes;
- b. gram-negative rods;

- c. several types of staphylococci (mainly golden, forming entire multilayer colonies on the teeth and in the subgingival area);
- d. beta-hemolytic streptococci;
- e. viridans streptococci;
- f. actinomycetes, etc.

With the development of periodontitis, the oral flora changes. If it is usually dominated by opportunistic microorganisms, then with the development of the pathological process, pathogenic agents play an increasingly important role. They are characterized by increased aggressiveness and often provoke inflammatory processes of various nature.

To prevent the development of periodontal disease, high-quality and timely therapy is indicated. There is time, but it is not worth wasting it. A large number of complications can occur. Including those that are at risk of losing a tooth or many teeth.

The main mechanism of the development of the pathological process is due to the effect of bacterial agents on the periodontium. Plaque hardens. Turns into tartar. Hardened dental deposits become a source of constant infection of the oral tissues. As a result, an inflammatory process develops. And if it already exists, it develops at a high speed due to the toxic effects of bacteria and their waste products.

Violation of normal bite and bruxism is also obvious. The load on the teeth increases. Due to improper distribution of teeth or constant grinding. As a result, the inflammatory process develops, but initially it is traumatic in nature. It occurs for functional reasons. Infection joins secondarily.

Damage to the dental system is possible with insufficient saliva production or active reproduction of bacteria against the background of changes in its composition. For example, under the influence of hormonal changes. This is a separate link in the pathogenesis.

In some cases, the patient experiences a combination of several factors in the development of the pathological process. And each of them requires mandatory independent study under the supervision of a dentist.

Research results:

Factors that increase the risk of developing pathology

Periodontitis, gum disease and tooth decay, develops not only under the influence of direct causes. High risk factors play a large role in the development of the pathological process. They create an additional risk of developing the disorder. Among them:

- a. features of the anatomical structure of the gums, congenital physiological features are not dangerous, but increase the likelihood of pathology;
- b. smoking, alcohol and other bad habits;
- c. stress factors, especially if the stress lasts for a long time and is of moderate or high intensity;
- d. taking certain medications that change the composition of saliva or reduce its production;
- e. insufficient oral hygiene - a local negative result occurs in the form of active accumulation of plaque, tartar, which are ideal conditions for the development of microorganisms;
- f. some features of the bite, any violations affect the condition of the periodontal tissues, the question is when and how much;
- g. nasal diseases in which breathing occurs primarily through the mouth;
- h. decreased local and general immunity, manifested by an increased risk of infectious diseases;
- i. previous injuries of teeth and dental arches;

- j. other infectious lesions of the oral cavity tend to develop and involve new tissue;
- k. Age-related changes, periodontitis develops at any age, but most often occurs in patients over 40 years of age.

Most of these factors are easily corrected. They can be eliminated. Some by ourselves. others - under the supervision of a medical professional.

Classification of periodontitis, types of disorder

The classification of the pathological process is carried out on several grounds.

The first is the current. Depending on the stage of development of the disease, 4 stages are distinguished:

acute periodontitis, clear clinical signs develop, symptoms are bright and clear, the disease progresses rapidly and affects the patient's quality of life;

chronic periodontitis, if treatment is not carried out in a timely manner or is not carried out at all, the symptoms partially subside, but the disorder becomes chronic, during which there are no or almost no signs of the pathological process, the person feels relatively normal;

exacerbation of pathology, periodically in the chronic course of pathology, exacerbations of varying degrees of severity occur;

remission of the pathological process, when the symptoms of exacerbation subside and the condition returns to normal.

Another basis for classification is the depth and extent of the inflammatory process. Depending on this factor, the following are distinguished:

localized periodontitis, this form is accompanied by damage to 1-2 units, no more, occurs under the local, local influence of negative factors;

the generalized form, when the entire periodontium is affected along its entire length, is the most common and at the same time the most severe type of pathology due to the severity and risk of complications.

There is another way to classify pathology.

Negotiations :

The pathological process can be divided according to the severity of the disorder. Depending on this criterion, there are 3 forms of periodontitis:

in the case of mild lesions, symptoms are minimal or absent, periodontal or periodontal pockets do not exceed 4 mm, and bone changes are absent or insignificant;

with moderate damage, the clinical picture becomes noticeable, a characteristic symptom complex develops, periodontal pockets do not exceed 6 mm, there is gingival recession and changes in bone tissue;

The severe form develops with a long course of the disease, is accompanied by pockets with a depth of more than 6 mm, pronounced clinical signs, mobility of the patient's teeth, severe complications can develop, inflammation reaches the root apex, you cannot delay the correction, you need to act now.

The most effective way to eliminate periodontitis and its symptoms is at the initial stage of the pathological process. Early treatment allows for reliable fixation of the dentition and prevents the development of secondary consequences and complications.

As a rule, periodontitis develops gradually. Often bypassing the acute stage. In this case, the clinical picture of chronic damage becomes relevant. The patient usually does not suspect that he is sick with something and has serious dental problems. Destruction of the surrounding

periodontal tissues occurs. But the symptoms of the pathological process are either absent at all or they are so few and unspecific that the patient does not pay attention to them. Moreover, there is no serious discomfort.

According to our research, the clinical picture is most pronounced at the end of the 2nd stage and the beginning of the 3rd stage of the pathological process. But already at the end of the first, the symptoms are difficult to miss. The disease gradually destroys tissues. Usually the patient comes to the clinic at a rather advanced stage of the disease, requiring complex and long-term treatment without a guarantee of saving all teeth.

In the acute period of the disease, in the first stage, there is no obvious destruction of the ligaments, the periodontium is not yet present. But the beginning of the destruction has already been made. For several years, the pathological process proceeds asymptotically, without any obvious clinical manifestations. Then a characteristic symptomatic complex is formed. Signs include:

Bad breath and pus discharge from the mouth due to the accumulation of a large amount of dental plaque in periodontal pockets, which cannot be eliminated even with high-quality oral hygiene;

bleeding gums, during hygiene, as well as when eating solid food, it is enough to slightly affect the affected area;

pain, usually developing during chewing and sharp pain during exacerbation of periodontitis, is replaced by moderate regular pain when the pathology goes into remission;

the appearance of gaps between the teeth, the gaps become larger, all this leads to the loss of periodontal tissues, their atrophy;

swelling, swelling increases when eating hard foods and brushing teeth;

in addition to pain, other unpleasant, vivid sensations, itching in the gum area often develop;

pulsation sensation, pulsation in the gums in time with the heartbeat;

redness, hyperemia of the gums, high intensity of the inflammatory process;

a change in the shade of the surrounding tissues to a light pink color, which should not normally occur;

excessive plaque formation due to activation of bacterial flora.

Often, in the advanced stages of the pathological process, loosening of the teeth is observed. The periodontium is unable to hold the tooth in the socket. Chewing load leads to an increase in the symptom. You can feel the loosening yourself. In the early stages, there are no such changes. With loose and unstable teeth, the likelihood of dangerous complications increases significantly. Fortunately, the disease usually develops very slowly. Even with a certain amount of mobility, there is an opportunity to provide quality care and change the situation. Prevent tooth loss.

Chronic forms of the pathological process are rarely known outside of exacerbations. Some discomfort, itching and burning may occur. Temporary episodes of pain in the gums. But the manifestations are characterized by immutability and instability.

Complications of the pathological process

Complications of the disease do not develop immediately, but usually many years pass after the onset of the pathological process. However, all of them are dangerous for the health of the patient's dental system. Complications include:

tooth mobility - with periodontitis this is a frequent occurrence and the situation becomes more pronounced as it constantly worsens;

loss of a tooth or teeth, possibly due to neglect of the development of the pathology, if the patient is not adequately treated;

the periodontium is also affected, and in the absence of adequate therapy, there is a risk of developing secondary peritonitis;

the formation of a chronic source of infection is fraught with many complications: from heart disease to decreased immunity and insufficient resistance to seasonal infections, as well as the development of autoimmune pathologies;

Psychological discomfort due to impaired smile aesthetics and bad breath, which cannot be eliminated or masked.

If periodontitis has been present for a long time and we are talking about an edentulous jaw, problems with implantation are almost guaranteed. The protocol for restoring the dentition will need to be chosen very carefully. Since there will be nowhere to install the support pins, the bone thickness will not be sufficient. Additional preparation is also possible. This includes osteoplasty, which increases the volume of the alveolar bone.

Periodontitis is dangerous and poses a great danger. Once diagnosed, immediate treatment is indicated. This will help limit the development and progression of the pathology. This is the only way to prevent or eliminate complications.

Periodontitis diagnosis

Diagnosis of periodontal pathologies is carried out under the supervision of a doctor, a group of studies is indicated:

verbally questioning the patient, the doctor collects complaints, identifies symptoms of the pathological process and forms a single clinical picture;

collection of anamnesis, competent collection of personal and family anamnesis is necessary to determine the nature of the pathological process in a person, to distinguish between various disorders;

visual assessment of the condition of the teeth and gums, paying attention to blood, the color of the gingival papilla, the structure of the gums, the presence of loose tissues and weakening of the periodontium and other signs, teeth often begin to loosen, which is also assessed;

determining special indices for assessing the condition of the oral cavity, as well as constructing a periodontogram to determine how many periodontal pockets the patient has, how many millimeters deep they are, etc.;

the examination includes laboratory tests, it is necessary to assess the leakage and content of periodontal pockets;

Radiography is aimed at assessing the condition of bone tissue;

Computed tomography to determine the nature and extent of the disease.

Examination methods are determined by the doctor. Procedures are needed to determine the type and nature of the pathological process. Also, distinguish diseases that have a similar clinical picture and are characterized by similar symptoms. For example, between periodontitis and gingivitis and other diseases. The difference is very important for the appointment of quality therapy.

Periodontitis treatment

Periodontitis is a serious dental problem. Treatment in adults and children is carried out using conservative and surgical methods.

At the initial stage of the pathological process, it is necessary to achieve oral hygiene. Because periodontitis is in any case a consequence of poor oral hygiene. Professional cleaning and oral

hygiene are carried out in the doctor's office. Special procedures are used. To remove soft plaque, an air flow procedure is recommended, to eliminate hard deposits, ultrasonic cleaning is prescribed;

If the process of loosening or shifting of the teeth to the side or other sides begins, then splints are indicated. Trimming teeth for periodontitis involves the use of a special thread. Made of fiberglass, Teflon or other materials. The tooth is securely fixed, after which it stops loosening.

Since the disease always involves inflammation of the periodontal tissue surface, anti-inflammatory drugs are indispensable. Rinsing with antiseptics is also indicated.

Plasmolifting plays a major role in the modern treatment of periodontitis. Preparations based on the patient's own enriched plasma are injected into the gums and periodontal tissues. The technique helps to activate natural regenerative processes and restore gum volume in case of minor or moderate tissue damage.

Surgical treatment is also performed. If the depth of the periodontal pocket is less than 4 mm, the altered tissues can be vaporized with a laser. After that, the pocket is sutured. If the deviation is more severe, the periodontal pocket area is more than 4 mm deep, surgical excision is indicated. After that, the periodontal pocket is closed. The tissues again adhere tightly to the tooth, which is aimed at correction.

Even advanced forms of the pathology respond well to treatment. In some cases, correction takes longer than usual.

Conclusion : The prognosis depends on the form and stage of the pathological process. If the periodontal tissues have just begun to deteriorate, the situation is usually stable, and timely correction helps to completely cure the disease. Correction is simple. In moderate and severe forms of the disorder, it is much more difficult to achieve complete elimination. But this cannot be said to be impossible. The duration of correction increases. Severe forms mean that more time and effort are required. If the disease progresses to the stage where the teeth begin to fall out, the prognosis worsens significantly. Prostheses are indicated, in which it is impossible to save the affected units;

Prevention of the pathological process includes a number of measures:

- a. giving up bad habits: you need to give up alcohol, drugs and cigarettes;
- b. high-quality oral hygiene: it has a significant impact on the likelihood of disease, it is believed that if hygiene is absent or inadequate, the likelihood of disease increases by 5-8 times;
- c. use of dental floss, irrigator (special device);
- d. quality nutrition, limiting the consumption of sweets and fast carbohydrates, even to the point of complete elimination;
- e. regular preventive examinations by a doctor.

If you have any suspicious symptoms, you should consult a doctor. The examination should be carried out at the first minute. To prevent the development of pathology.

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