

Methods of Prophylaxis of Dental Diseases

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Abstract

In this article, the origin of dental diseases, the prevention of these diseases, and the place and role of dentists in this process are described in detail.

Keywords: *Dental diseases, prevention, disease prevention, sanitary education, human body, dental health, oral cavity, secondary prevention.*

INTRODUCTION

It is impossible to stop the rapid spread of caries periodontal diseases, which are widespread today, with a very high level of treatment, even if any high-level treatment works eliminate the complications of the disease, these diseases cannot reduce the rate of spread. It is known to everyone today that the only way to reduce the spread of these diseases is preventive measures aimed at preventing the disease.

Preventive methods aimed at preventing dental diseases are as follows:

1. Proper and effective implementation of dental sanitary-educational work among the population.
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3. Teaching oral hygiene rules
4. Endogenous use of fluorine-preserving drugs

5. Use of local preventive means

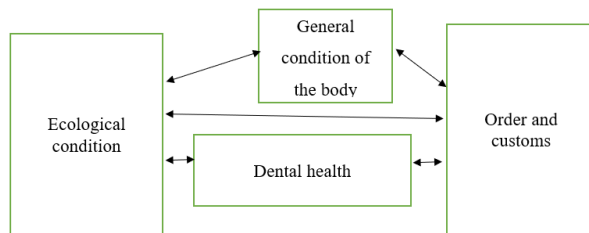
6. Establishment of secondary prevention, sanitation of the oral cavity.

Carrying out sanitary and educational work among the population. One of the main elements of the complex of any public preventive measures is the popularization of sanitary and educational work in this direction.

It is necessary to carry out sanitary and educational activities in the program of prevention of dental diseases at the same time as teaching the population to observe oral hygiene. Dental hygiene education is aimed at encouraging people to take care of their health and how to achieve it directly and indirectly, actively or passively. It is the task of sanitary education to inform the public about the positive aspects of oral hygiene and other preventive measures. Dental education is to create opportunities for the population to evaluate their own work, develop daily rules

and habits based on the given educational knowledge, inculcate them in themselves, and build immunity against stomatological diseases based on this knowledge and habits. consists of. This method of prevention is public and applies equally to all layers of the population, regardless of age, gender, religion, language, etc.

The level of maintenance of stomatological health directly depends on the level of responsibility of each person for his health. Dental health is closely related to the general condition of the human body, its routines and habits, and the ecological condition of the environment.



It is necessary to reliably understand that it is necessary to regularly observe the hygiene of the population. The methods of dental education are active (active) methods that directly affect the population and create interaction - conversation, lecture, seminar, health classes, etc. The positive side of these methods is that the enlightener communicates directly with the listener, and lively question and answer takes place.

The method of education, which is carried out without a direct meeting of the educator with the audience, is a passive method, which does not require the personal participation of a medical worker, these include: radio, television, newspapers, various posters, handouts, etc. Dentistry education is in 3 different forms depending on the number of participants:

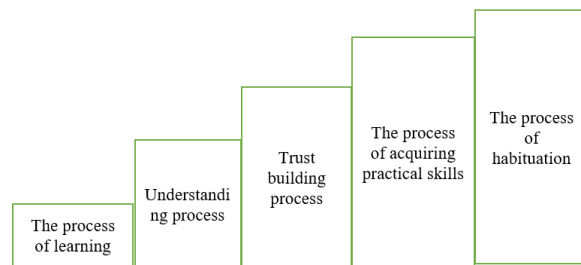
1. Public
2. Between groups

3. Individual

The main goal of dental hygiene education is to convey to the population, the public mind, the rules of oral cavity care, which are the main guarantees of human health, and the essence and importance of measures taken to prevent dental diseases. This work is very complicated and is carried out step by step.

It will be necessary to gain confidence in people, to abandon their usual, sometimes unpleasant behavior, and to bring sanitary culture into their minds. It will be appropriate if these activities are carried out in children from a young age. For this, parents and educators must have certain knowledge and experience in this field.

The following diagram shows this process in stages:



If the beginning of the above-mentioned processes begins with the acquisition of these theoretical concepts, then the next step should be to understand the acquired theoretical concepts, to grasp the core, and then to gain complete confidence in it, and to end it with making practical skills a daily habit. Psychologists, pedagogues, educators and secondary medical specialists who have passed special courses should be involved in making dentistry education fully understandable to the public. They should be able to explain to the population that making it a habit to clean teeth gently is the main factor in preventing dental diseases.

Despite this, the main burden of carrying out this work rests on the shoulders of the

stomatologist. Because the main responsibility, searching for information and training other specialists in sanitary education work, will be on them. Interviews and classes in every enterprise, educational institution, and kindergarten are conducted by a dentist based on a specific program. It is expedient to start propaganda work by involving pedagogues, educators, and medical workers. These employees, who work in the children's team, later become the main assistants of the dentist in carrying out sanitary education and preventive work.

Part of the promotional work is to meet with parents and explain to them that it is possible to prevent diseases and its importance, and how important it is to regularly brush the teeth with the help of pastes in order to prevent diseases of the teeth and gums. Parents should be taught the proper way to clean the teeth, and how to use toothpaste.

Dental hygiene education is an important tool for the prevention of major dental diseases, primary and main tool for communicating with the population, and it is very important to involve children in its task. That is why it is necessary to divide children into different groups depending on their age when interviewing children and planning special educational lessons. If training with children at a young age is conducted in the form of games, then with older children, it is necessary to conduct them seriously, by treating them like adults.

Dental health education is considered to have fulfilled its mission if it can convey all the elements of its program to the population and its mind so that it becomes a lifelong habit.

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