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A VARIETY OF ORAL CARE PRODUCTS
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It's known that 69 % of Belarusian children at the age of 12 have dental caries. Plaque microorganisms, in particular *Streptococcus mutans*, are considered to cause dental caries and periodontal diseases. Therefore, individual oral care plays a significant role in prevention of these diseases.

The main oral care products such as a toothpaste, a toothbrush and dental floss should be used every day.

There are a lot of toothpastes. Some of them are used just for tooth cleaning, others have special ingredients for treatment and prevention of different oral diseases. For example, toothpastes for sensitive teeth contain strontium chloride or potassium nitrate. Every year scientists try to find a better formula. That's why nowadays the leading companies use silica as abrasive because calcium carbonate causes enamel damage.

Toothbrushes can have natural or synthetic bristles. They are divided into manual and powered toothbrushes. They also can have different shapes, sizes, numbers of bristles because every person has an individual clinical condition.

Floss is a cord of thin filaments used for cleaning contact surfaces. For some people it is more comfortable to use flossers.

However, there are additional oral care products. Interdental brushes are intended for patients with diastema, orthodontic appliances, crowns, bridges and dental implants. They have different size and shape of brush.

Stimulators are synthetic rubber tips on the end of a plastic handle. People with periodontal diseases, gingival recessions should use them for massaging the gingival tissues and stimulating the blood flow.

Another effective product for interdental cleaning and gingival massaging is an irrigator. It's a device which uses a stream of pulsating water to remove plaque. In recent research that measured changes in interproximal areas that were bleeding, reductions were observed in bleeding upon probing, pocket depths, and inflammatory cytokines, prostaglandin, and interleukin 1. The changes were noted after just 14 days of using the irrigator, in addition to regular oral hygiene. Oral irrigation could be with water or with antiseptic. Chlorhexidine rinse is the most effective antiplaque agent now available.

And of course to remove plenty of plaque everyone should remember about a tongue cleaner.

Mouthwashes are often used as an antiseptic. But there are also mouthwashes with anti-inflammatory, antimicrobial and analgesic action.

Disclosing solutions and tablets are used after tooth brushing to control its quality. They are harmless and dye plaque, besides coloring degree depends on pH and time of plaque formation.

Thus, using main and additional individual oral care products on a daily basis reduces OHIS what leads to prevention of such diseases as caries, pulpitis, periodontitis, gingivitis and others.