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## A SNOW-WHITE SMILE: WHITENING OR CHANGING THE DIET

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**Relevance.** Nowadays people consume a huge variety of different foods, snacks and drinks, which contain dyes, acids, stabilizers, preservatives, refined sugars and much more. All these components can have a negative effect on hard tissues of the teeth, oral mucosa, the composition and properties of saliva. In the modern world in the era of advertising and marketing a lot of people forget about the harm of sugary drinks, but few people know about their influence on the enamel and color of the teeth.

**The aim:** the main aim was to establish the influence of various foods on the color of human enamel, the level of awareness of the interviewed students about the harm of certain products on enamel, to define the level of their oral hygiene, to determine foods minimizing the staining of tooth enamel, to consider options for teeth whitening and food replacement and to develop practical recommendations.

**Materials and methods.** The latest scientific researches and articles were studied. Working dentists were interviewed. A survey was conducted among BSMU students of various departments. The level of students' awareness of the influence of food on the color of tooth enamel, their satisfaction with the color of their enamel, the degree of knowledge about whitening and the "white" diet were determined.

**Results and discussion.** According to the online survey the following results have been obtained: 79,7% of the students brush their teeth twice a day, 18,2% only once a day and 2,1% after every meal. 67,8% like consuming fizzy drinks containing sugar but only 7,2% do this every day. The survey showed that 81,8% of participants were not aware of the "white" diet. 93% didn't undergo a tooth whitening procedure. 44,8% are absolutely satisfied with the color of their teeth, 55,2% are displeased with the color of their teeth. 18,1% of the respondents tried to whiten their teeth themselves.

**Conclusion.** Every snack people eat and every soda they drink influence the condition of their teeth and the body in general. If they don't brush their teeth regularly, dental plaque will change the color of teeth noticeably and then turn into caries. What is more important, sugary drinks will speed up this process. Although a lot of people know about the harm of such drinks, but they still consume them because of their flavor. According to the results of our survey, few people even from the dental department know about the so-called "white" diet, when they would like only to change the diet and cut out some types of food to save the natural color of the enamel, without teeth whitening. It will save people's time, money and health, taking into account that some people try to whiten their teeth themselves. So it is necessary to give recommendations to people about the influence of food on the enamel and speak about the advantages of the white diet popular in the USA and Europe.