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MISCONCEPTIONS IN DENTISTRY: ULTIMATE REVISIONS
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Topicality. Dentistry, like many other medical disciplines, is often surrounded by misconceptions that can influence patient's perceptions and treatment decisions. Understanding the origins and implications of these misbeliefs is crucial for dental professionals, as it not only affects patient's education but also influences the effectiveness of treatment protocols. This paper is aimed at exploring common misconceptions in Dentistry, analyzing their origins, and discussing their effects on patient's behavior and dental health.

Objective: to find out whether the beliefs that have formed in society are true or false. In order to do this, the following tasks have been solved:

- to select a number of misconceptions and find out whether people believe this information by means of a survey;
- to study scientific information in order to confirm or disbelieve the facts;
- to assess the impact of misconceptions on the population's oral health and to provide respondents with an educational electronic booklet correcting their knowledge on the oral health.

Materials and methods. Since misconceptions are false beliefs that can accompany a person throughout their life, we became interested in whether views on dental procedures and methods differ among people. An electronic survey, which included the questions about teeth whitening and hard toothbrushes safety, fluoride concentration in the toothpaste, was conducted. The respondents were divided into four groups: 1) middle-aged [30-45 years old]; 2) elderly people [60-70 years old] as they have problems with their teeth; 3) medical students and 4) students of other universities [17-23 years old]. In each group, there were 50 people. The answers were obtained through a Google Form.

Results and their discussion. According to the survey results, among the older generation, the majority of respondents (86%) are skeptical about teeth whitening. At the same time, middle-aged people have mixed opinions on this issue, indicating a diversity of views on the whitening procedure across different age groups.

A number of scientific studies have confirmed the dangers of excessive fluoridation of toothpaste and identified hazardous doses of fluoride. The concentration of fluoride ions in natural waters varies in different parts of the world. In the Republic of Belarus, the fluoride content in drinking water is extremely low: 0.1-0.4 mg/l, with a normal ratio of 0.8-1.2 mg/l. According to the World Health Organization (WHO), the use of fluorides is recommended as the only effective method of preventing dental caries in areas with low fluoride content in drinking water.

The survey results revealed a sharp percentage difference in the choice of toothbrush hardness: an overwhelming majority of dental students (98%) prefer soft toothbrushes, while the older generation (66%) opts for hard-bristle toothbrushes.

Conclusion. Misconceptions regarding oral hygiene and dental procedures have been found to persist in certain social groups. Statistics show that the awareness of dental students is higher than that of students from other universities. It is important to emphasize that debunking these misbeliefs requires a comprehensive approach, including educational work among the population, active use of modern media. In order to increase people's awareness and improve their oral hygiene practices an electronic booklet has been designed.