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THE INFLUENCE OF SUGAR ON ORGANISM
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Relevance. The problem of excessive consumption of sugar is relevant nowadays due to a great variety of products containing a large amount of sugar and an increase in the number of people suffering from diabetes, caries and obesity.

Objective: to find out the effects of excessive consumption of sugar, to analyze how much sugar people can eat to keep the normal condition of the teeth, to find ways to protect dental tissues from negative bacterial effect.

Materials and methods. We used methods of interview and analysis, recent scientific articles devoted to this problem and the Internet sites.

Results and their discussion. We interviewed 100 people, 50 of whom were at the age of 16-23 and 50 – at the age of 40-55 and received the following results:

1. Do you follow how much sugar you eat daily?

The people aged 16-23 responded:

29% - yes

71% - no

The people aged 40-55 responded:

34% - yes

66% - no

2. Do you think that sugar is harmful for your organism?

The people aged 16-23 responded:

82% - yes

18% - no

The people aged 40-55 responded:

90% - yes

10% - no

3. Are you afraid of visiting the dentist?

The people aged 16-23 responded:

97% - yes

3% - no

The people aged 40-55 responded:

33% - yes

67% - no

Conclusion. Our studies have shown that the more hyper-glycemic foods (those that quickly affect blood sugar), including foods containing sugar, a person consumes, the higher his risk for becoming obese and for developing diabetes and heart diseases. Emerging research also suggests connections between hyper-glycemic diets and many different forms of cancer. With all the other life-threatening effects of sugar, we sometimes forget about the most basic damage it does. When it stays on your teeth, it creates decay more efficiently than any other food substance thereby causing caries.