

## **Risk factors for dental health in 18 year olds**

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### **Introduction**

The results of epidemiological studies conducted in recent years indicate a high prevalence of dental diseases among the population of the Republic of Belarus of all age groups. With age, the incidence and intensity of dental caries and periodontal diseases increases. Carrying out of preventive measures allows to prevent the emergence and development of dental pathology. Timely detection of risk factors for dental health in a key group of 18-year-olds is currently relevant.

### **Aim of study**

To identify risk factors for dental health among young people 18 years of age.

### **Materials and methods**

In the period from November 2017 to March 2018 conducted questionnaires dental health 18-year-old students of the first year of the Belarusian State Medical University, the Belarusian State University, and the Belarusian State Pedagogical University named after Maxim Tank, Belarusian National Technical University, Belarusian State Economic University, Minsk State Linguistic University. The study involved 362 respondents who were asked to fill out a specially developed questionnaire out of 15 questions, including both general and specific information. Statistical processing of the results of the study was performed using the STATISTICA 10.0 package, Microsoft EXCEL 10.0.

### **Results**

Based on the analysis of questionnaires of respondents, they evaluated the peculiarities of their individual oral hygiene (multiplicity, duration, use of additional means), diet regimes (multiplicity, food habits, consumption of energy drinks), adherence to healthy lifestyles, bad habits, stress resistance, systemic diseases and a number of other data. After the analysis, the most significant factors for dental health in 18-year-old young people are established.

### **Conclusions**

The main risk factors for dental health in young 18-year-old people based on the analysis of questionnaires are related with a lack of motivation and knowledge on the issues of individual oral hygiene, eating disorders, behavioral habits and chronic stress.