

# **Sugar intake as the main cause of oral diseases**

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## **Introduction**

Currently, the topicality of oral diseases has increased. The main cause of these diseases is excessive intake of refined carbohydrates, sugar being the main representative of them. Many people are even not aware, what quantities of sugar they consume, but they do cause diseases of the oral cavity.

## **Aim**

To figure out how sugar causes oral diseases and to offer our methods of dealing with excessive intake of sugar.

## **Materials and methods**

For carrying on the research work we carried out analysis of the native and foreign literature, collected statistical data and made a prognosis as to sugar consumption in the world in the future on the basis of these data. We also questioned students of BSU, MSLU and dental students of BSMU in particular about frequency of their visiting the dental policlinic and mean quantity of carious teeth per year.

## **Results**

A careful analysis of the statistics showed, that in the 21st century people are consuming more and more sugar, which is a serious problem for the health of the oral cavity. Although the number of oral diseases is reducing each year, the figures are still enormous: the number of teeth, affected by caries, ranges from 1 to 10 per one person in different countries. It should be noted, that these numbers are directly associated with the amount of sugar consumption per one person. After questioning the belarusian students of 3 different universities we revealed, that students of non-medical universities are less aware of the harmful effects of sugar on the oral cavity, and, as a result, they are more susceptible to diseases of the oral cavity. Therefore, we think, that the solution to this problem is informing the population about the dangerous effects of increased sugar consumption by indicating the quantity of sugar contained in the product on the label, and if the sugar content exceeds the daily norm, it is necessary to warn the consumer about it. It is also necessary to indicate on the label the list of diseases, that may result from the frequent use of the dose of sugar, which is contained in this product.

## **Conclusion**

Despite the fact that the consumption of sugar is increasing, the number of oral diseases has been decreasing recently. This suggests that people follow their oral hygiene carefully, but to minimize the number of oral diseases, it is necessary to show on each product the amount of sugar, which it contains, and list the diseases, which it may cause.