

Daniliuk M. V.
PROPHYLAXIS OF CARIES BY FLUORIDATION
Scientific adviser senior teacher Shiraeva M. Y.
Department of foreign languages
Belarusian state medical university, Minsk

Topicality. Dental caries is a common disease that is accompanied by pain and leads to tooth loss if it untreated, which involves negative social and economic consequences. The organization of an effective system of primary prevention of this disease is one of the most topical problems of medical science and practice. Fluoridation is quite effective method of prophylaxis.

Aim: to form the notion of the importance of caries prophylaxis by fluoridation.

Objectives:

1 To study the basic means of caries prevention and the impact of fluoridation on teeth.

2 To identify the prevalence of caries in Pinsk.

Material and methods. The summary list of Pinsk dental clinic and research works on dentistry were analyzed.

Results and their discussion. Dental caries is a major oral health problem in most industrialized countries. It can have serious complications such as pulpitis and periodontitis. Thus according to the summary list of Pinsk dental clinic in 2014 caries was diagnosed in 42%, in 12% – pulpitis and in 20% – apical periodontitis. It can indicate the importance of caries and its complications prevention.

The most effective means of caries prevention are: fluoridation of drinking water and food, a rational diet, fissure sealing, deep fluoridation of dental hard tissues, various means and methods of hygienic oral care.

Having studied scientific works by Tursunova R. R., Laptev V. I., Nekrasov A. A., Moskalyova I. V. we concluded that fluoridation is one of the most important means of caries prevention. Fluoride works mainly by slowing down the process of demineralization and provides remineralization. Deep fluoridation normalizes electroexcitability of the tooth pulp in case of caries.

Most recently, efforts of Community Dent Oral Epidemiology have been made to summarize these extensive datasets through systematic reviews. It has been concluded that water fluoridation reduces the prevalence of dental caries by 15%.

Conclusion:

1 A little amount fluoride every day strengthens teeth.

2 Fluoride has benefits for both children and adults: it makes teeth more resistant to decay, interferes with the growth of the bacteria which cause cavities and helps repair early stages of tooth decay.

3 Fluoride may have benefits in reducing the incidence of secondary or recurrent caries activities.