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THE CORRELATION BETWEEN SUGAR INTAKE AND ORAL DISEASES

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Relevance. As of recently, the incidence of oral diseases has increased. The main cause of this is considered to be the excessive intake of refined carbohydrates. Sugar being the most common one among them. This carbohydrate causes addiction like drugs do. It affects the parts of the brain responsible for reward, causing a pleasant sensation. Over time, larger and larger doses are required to achieve euphoria.

Aim: to focus public attention on the necessity of reducing the consumption of sugar-containing products, due to them causing an increase in the risk of oral disease development.

Materials and methods. During the research work, scientific medical literature on this issue was reviewed as well as various sources on the Internet. A survey among students of various faculties of the Belarusian State Medical University was conducted, specifically the students of the Faculty of Dentistry, regarding their amount of sugar consumption per month and their visits to dental clinics due to their complaints in regard with the incidence of oral diseases and the results were analyzed.

Results and discussion. Analysis of statistics depicted that the results of the survey conducted among the students of BSMU on the topic of sugar consumption together with the survey on the frequency of visits to dental clinics indicates that at our university the students with a higher percentage of excessive consumption of sugar-containing products are more susceptible to diseases of the oral cavity. Therefore, we believe that the population-wide strategies to reduce free sugar consumption are the key to public health approach and should be a high and urgent priority. Because dental caries is the result of a lifelong exposure to a dietary risk factor, even a small reduction in the risk of dental caries in childhood is highly significant in later stages of life. Therefore, to minimize the lifelong risk of dental caries, free sugar intake should be as low as possible. It is important that population-wide preventive interventions are universally available and accessible. Such interventions include the use of fluoride and the essential comprehensive patient-centered oral health care.

Conclusion: research has shown that dental health depends primarily on the lifestyle and eating habits of a person. In order to have healthy teeth, it is needed to give up unhealthy eating habits. People should be taught not to neglect oral hygiene, to properly care for their teeth, and to eat in healthier ways. It also would be worth drawing attention to how the deterioration of teeth can be avoided and how to observe the prevention of diseases.