

Degoltsova A. I., Grigorieva V. V.

THE INFLUENCE OF FLUORIDE ON THE DEVELOPMENT OF CARIES

Scientific supervisor senior teacher Menjinskaya-Voitova A. V.

Department of Foreign Languages

Belarusian State Medical University, Minsk

Relevance. In the modern world people have destructive and unhealthy lifestyle, some of them suffer from nutrition. All of that may cause various difficulties. Some of these problems are toothache, carious processes, impaired function of tooth enamel and infections of the oral cavity. Caries can occur throughout life, both in milk and permanent teeth. Pathological and protective factors influence the onset and progression of caries. Dental caries is an unevenly distributed, preventable disease. The basis of preventive measures for caries is the timely provision of conditions for the qualitative and quantitative process of mineralization of tooth enamel in childhood. Some facts about the effect of fluoride on tooth enamel and on the oral cavity in general are ambiguous. There is a negative effect on teeth from an overabundance of fluorides, but in most cases they have a positive effect and help in disease prevention.

Aim: to make analysis of caries preventive measures, to determine indications and recommendations for proper and effective protection and teeth recovery, to make people's awareness statistics on this topic.

Materials and methods. Recent scientific studies and articles were reviewed. A survey was conducted among people of different ages. The level of awareness of the effect of fluoride on the development of caries was studied.

Results and discussion. A survey was carried out, in which 150 persons took part. According to the results, it turned out that many people are aware of the problem of caries prevention, as 34.7% visit the dentist once a year, 43.3% - once every 6 months. The respondents were informed about the effect of fluoride on tooth enamel, 26.7% of respondents choose toothpastes with the fluoride content, 46% try to keep up with it periodically, but 27.3% do not use fluoride-containing pastes at all. 15.3% are not informed about water fluoridation and its effect on teeth, and 65.3% consider this knowledge to be useless. 60.7% of respondents do not know how to control the content of fluorine in the water. It turned out that a small percentage of respondents adhere to proper nutrition - 9.3%. But most of them chose the right top-3 products containing fluorine: seafood (87.3% voted), lamb (34%) and grain products (33.3% answered correctly).

Conclusions. In the organization of preventive measures for all dental diseases, including dental caries, is hygienic education of the population, especially children. As our statistics have shown, many people don't even think about the fact that it is possible to avoid deterioration and how to keep up with the prevention of diseases. The daily use of fluoride toothpaste is considered to be the main reason for the overall decline in dental caries worldwide over the past decades. Such a toothpaste, combined with constant controlling of oral hygiene, significantly increased the resistance of enamel to demineralization and the rate of enamel remineralization. Everyone should know about the fluoridation of water and the content of fluoride in food, because it plays an important role in the prevention of dental diseases. That is why doctors prescribe fluoridation of teeth both children and adults. It became known that the impact of fluorine on health is dangerous, including problems with bones, teeth, and neurological development. Exposure to high concentrations of fluoride during childhood, when teeth are developing, can result in mild dental fluorosis. This doesn't affect the health of the teeth, but the discoloration may be noticeable.