

30. PREVENTION OF DENTAL DISEASES IN CHILDREN

Author: Borovetsky Alexander

Scientific adviser: Shevchenko Nina, MD, Associate Professor, *Ion Lupan* Pediatric Oral and Maxillofacial Surgery and Pedodontics, *Nicolae Testemitanu* State University of Medicine and Pharmacy of the Republic of Moldova.

Introduction. Professional and individual oral hygiene are the main components of the prevention of dental diseases and the main indicators of dental health of the population. Prevention of oral diseases at an early age is important, special attention should be paid to teaching children to conduct independent oral care. Also, children should know what a later visit to the dentist can lead to.

Aim of study. The aim of the study was to determine the level of awareness of primary school children about the need for a healthy lifestyle and rules of oral hygiene and to teach children oral care skills. The objective of the study was also to assess the residual level of knowledge of children about the prevention of dental diseases.

Methods and materials. In our research, we conducted a survey of preschool children. The object of the study: 1. Individual and professional oral hygiene. 2. Preschool children. Research methods: 1.study of references; 2.analysis of references; 3.comparative method; 4.method of generalisation. This study was conducted on the basis of a children's educational institution Nursery-garden No. 49 of Balti city on a total of 20 children 6-7 years old. To conduct the study, a questionnaire was formulated, consisting of 5 questions and allowing to identify the level of knowledge of children regarding the rules of maintaining dental health and oral hygiene. Special attention was paid to the basics of proper nutrition in maintaining dental health. The children were presented a list of foods and beverages that pose a threat both to the condition of the teeth and to the body as a whole.

Results. After the survey, it turned out that most of the children did not use the services of a dentist and did not do professional oral hygiene. Thus, the main cause of almost all diseases of the oral cavity, especially caries, is poor individual hygiene, as a result of which a large amount of soft plaque accumulates on the teeth and in the interdental spaces, which is an ideal food for bacteria.

Conclusion. The dental health of children is characterised by a fairly high prevalence of dental diseases, among which carious lesions of the teeth predominate, as well as an insufficient level of oral hygiene. The health of the teeth and gums of preschool children directly depends on proper oral hygiene. The importance of daily hygiene procedures is difficult to overestimate. So, the statement of hygienists that one of the most effective and at the same time simple ways to prevent dental diseases is proper and regular dental and oral hygiene is more relevant than ever.