

**The role of dental hygienist in the implementation of a dental disease prevention program in preschool institutions**

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"Toothache is a word that frightens children and adults, men and women. One of the main causes of strong pain in the teeth is caries. This disease can be dangerous at different levels, but it must be treated in any case. In the article we will talk about the most effective methods of treating caries, as well as about the Prevention of the disease.

Caries is one of the most common diseases of the oral cavity. When caries appears, the tooth enamel is first damaged, if not treated; it damages the dentin (hard tissue of the tooth). When caries is taken from Latin means "rotting", among the people caries is called "tooth decay", "tooth worm", the use of the second term is somewhat erroneous from the point of view of a medical defect.

The first sign of caries is the appearance of black spots on the tooth enamel. If these stains are ignored, the diameter of the caries may increase, and the pathology can spread deeper into the tooth tissue and make a "hole". If caries damages and pierces the tooth enamel and dentin, it reaches the pulp (soft tissue of the tooth) and can cause very strong pain. Inflammation of the pulp — called pulpitis.

Depending on the degree of tooth damage, caries is divided into spots (discoloration on the tooth surface), superficial caries (surface lesions), middle caries (the upper part of the dentin is damaged) and deep caries (dentin almost completely damaged and reached the pulp). In addition, caries of enamel, dentin and root Cements are classified separately — in the caries of Root cement, the disease occurs under the gums.

Depending on the place of occurrence, caries of the fissure (occurs in the dental cavity), proximal (between the teeth) and neck Aldi (near or below the gum) are classified. In addition, there are caries of the front teeth, which especially

negatively affect the aesthetics of the smile. Usually when the front teeth hurt, even those who are afraid of dentists immediately turn to them.

To be free from a visit to the dentist, you need to independently examine the oral cavity yourself. If you determine the caries at the initial stage, you can stop it even without the help of a dentist.

### SYMPTOMS OF DENTAL CARIES

It is very easy to determine if you have dental caries. A change in the color of the tooth surface (the stain can be darkened or whitened) or its structure, for example, yellowness—are signs that indicate the appearance of the disease. Also, the strong pain that occurs when eating, especially in the effect of sweet, hot and cold, is also indicative of caries. The presence of an unpleasant smell from the son can also be a symptom of the disease.

If the disease has passed to the middle stage, a cavity is formed in the tooth — usually it is easily felt with the tongue. However, "puncture" does not occur only because of caries, the exact diagnosis is made only by a dentist.

The main cause of caries (tooth decay) are bacteria that produce acids, which cause the washing of fluoride and calcium from the tooth tissue. Microorganisms begin to multiply and damage the tooth 1-2 hours after cleaning the oral cavity, and caries appears in the tooth.

Deficiency of saliva cleavage can also contribute to the development of caries. The fact is that the mineral substances of the saliva are able to partially neutralize the acids produced by bacteria. When the saliva is poorly formed, the acids begin to quickly devour the teeth. In addition, the saliva partially washes the stains. ("Dryness" in the mouth) can develop as a result of various diseases, for example, diabetes, a violation of breathing through the nose.

In addition, frequent consumption of sweets can also cause tooth decay, and this depends not only on how much glucose is consumed, but also on how long it has been in contact with the teeth, that is, the duration of "sticking" to the teeth. Improper

nutrition adversely affects not only the tooth, but also the health of the oral cavity as a whole.

If the caries is in the stain stage, the saturation of the teeth with enough fluoride is considered sufficient to eliminate it. If the disease is in the middle or deep stage of the larynx, without the use, then most likely there will be no other remedy. For the treatment of caries, it is necessary to grind the damaged part of the tooth and restore its natural shape with the help of filling materials. In the treatment of deep caries, as a rule, it is necessary to visit the dentist twice — for the first time a temporary sealant, and then a permanent sealant. If caries appears under the sealant, radiography is used to determine it.

There are two main methods of treating caries: non-invasive (without "sawing") and invasive (with sawing of the affected tissue). The choice of method depends on the stage of the disease.