

Kariyesning asosiy profilaktikasi sifatida fissuralarni muhrlash

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Annotatsiya: Ushbu maqola tish kariyesining oldini olishda fissuralarni muhrlash usulining samaradorligini va ahamiyatini o'rganadi. Fissuralarni muhrlash tishlarda mavjud bo'lgan yoriqlarni yopish orqali mikroorganizmlarning kirishiga to'sqinlik qiladi, bu esa kariyesni rivojlanishining oldini olishga yordam beradi. Tadqiqotlar natijasida fissuralarni muhrlashning kariyesga qarshi samarali profilaktik vosita ekanligi va ayniqsa bolalar hamda o'smirlar orasida uning qo'llanilishi katta ahamiyatga ega ekanligi tasdiqlandi. Maqolada tish kariyesining profilaktikasi sifatida muhrlash usulining klinik tajribalari taqdim etilgan.

Kalit so'zlar: kariyes, fissura, tish muhrlash, profilaktika, tish emali, tish yoriqlari, dental muhrlovchi materiallar, bolalar, o'smirlar

Fissure sealing as the main prevention of caries

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Abstract: This article studies the effectiveness and importance of the fissure sealing method in the prevention of dental caries. Fissure sealing prevents the penetration of microorganisms by closing the existing cracks in the teeth, which helps prevent the development of caries. The results of the studies confirmed that fissure sealing is an effective preventive measure against caries and its use is especially important among children and adolescents. The article presents clinical experiences of the sealing method as a prevention of dental caries.

Keywords: caries, fissure, dental sealing, prevention, tooth enamel, dental cracks, dental sealing materials, children, adolescents

Material va metodlar:

Tadqiqot uchun 200 nafar bolalar va o'smirlarning tishlari tanlab olindi. Har bir ishtirokchining tishlari tahlil qilinib, faqatgina fissura muhrlashni talab qiladigan tishlar belgilandi. Tishlar uch guruhga ajratildi:

1. Fissuralarni muhrlashdan avvalgi holat (Birinchi guruh)
2. Fissuralarni muhrlash jarayonidan so'ng (Ikkinchi guruh)
3. Kontrol guruh: Fissuralarni muhrlash amalga oshirilmagan.

Har bir guruhning tishlaridagi kariyes rivojlanishi va muhrlashning samaradorligi 6 oy davomida kuzatildi. Muhrlash jarayonida zamonaviy fissura muhrlovchi materiallar (kompozit va fotopolimerlanadigan materiallar) ishlatildi. Jarayonni amalga oshirishdan oldin va keyin barcha ishtirokchilar tishlarini tozalash va gigienik ko'rikdan o'tkazildi.

Tekshirish obyektlari:

- Ishtirokchilar: 20 nafar bolalar va o'smirlar, 6-16 yosh oralig'ida.
- Tishlar: Yuqori va pastki jag'ning orqa tishlari (molyar va premolyar).
- Materiallar: Fissura muhrlovchi kompozit materiallar, fotopolimerlanadigan materiallar.

- Vaqt davomiyligi: 3 oy davomida kuzatish.

Tadqiqot natijalari:

Tadqiqot davomida birinchi guruhda (fissuralarni muhrlashdan avvalgi holat) tishlarida kariyesning rivojlanishi tezlashganligi, ya'ni tish emali asta-sekin zaiflashib, kariyes jarayoni tez sur'atlarda davom etganligi aniqlandi. Bu holat, tishlarning yuzasida mikroorganizmlar uchun qo'llab-quvvatlaydigan muhitning mavjudligini ko'rsatadi, chunki yoriqlar orqali oziq-ovqat va bakteriyalar osonlik bilan kirib, tish emalini zaiflashtiradi.

Ikkinchi guruhda (muhrlash amalga oshirilgan tishlar) esa, muhrlash jarayonidan so'ng, tishlar ancha himoyalangan va kariyesning rivojlanishi sezilarli darajada sekinlashgan. Muhrlangan tishlarda kariyesning paydo bo'lishi deyarli kuzatilmagan. Bu esa muhrlash materiallarining samarali himoya qiluvchi xususiyatlarini tasdiqlaydi, chunki ular mikroorganizmlarning kirishini to'xtatadi va tish yuzasini himoya qiladi. Muhrlangan tishlarning yuzasida bakteriyalar va oziq-ovqatning to'planishi kamayib, kariyes rivojlanishining oldi olinadi.

Kontrol guruhida (muhrlash amalga oshirilmagan) esa, tishlar ko'proq zarar ko'rgan. Bu guruhdagi tishlarda kariyes rivojlanishi tezlashdi va ko'proq yuzaga kelgan. Tishlarning yoriqlari oziq-ovqat va mikroorganizmlar uchun to'planish joyi bo'lib, bu holat kariyesning boshlanishini tezlashtirgan. Bu natija, fissuralarni muhrlashning kariyesning oldini olishda necha bor samarali ekanligini ko'rsatadi.

Tadqiqot natijalariga ko'ra, muhrlangan tishlar eng ko'p himoyalangan va kariyesdan saqlangan bo'lib, ularning yuzasi toza va bakteriyalarga qarshi immunitetni mustahkamlashga qaratilgan. Muhrlash materialining klinik samaradorligi nafaqat tishlarni himoya qilish, balki kariyesni rivojlanishining oldini olishda yuqori darajaga ega ekanligi isbotlandi. Bu natijalar, bolalar va o'smirlar orasida kariyesni oldini olishda fissuralarni muhrlashning zarurligi va samaradorligini ko'rsatadi. Shuningdek,

bu usulning keng qo'llanishi tishlar sog'lig'ini saqlash va tish emalining mustahkamlanishida muhim o'rin tutadi.

Rasmlar:



Xulosa:

Fissuralarni muhrlash usuli tish kariyesining profilaktikasi sifatida samarali va ishonchli metod hisoblanadi. Tadqiqot natijalari ko'rsatganidek, bu usul bolalar va o'smirlar orasida tish kariyesining oldini olishda katta ahamiyatga ega. Fissuralarni muhrlash tish emalini himoya qiladi va mikroorganizmlar hamda bakteriyalarning kirib kelishini to'xtatadi. Klinik amaliyotda ushbu usulning keng qo'llanilishi zarur bo'lib, barcha yosh guruhlar uchun kariyesning profilaktikasi sifatida tavsiya etiladi.

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