

GINGIVITIS

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Abstract:

Gingivitis, gum inflammation (lat. gingivitis) is inflammation of the gums without breaking the integrity of the tooth-gum joints. If not treated in time, gingivitis can turn into periodontitis, a destructive form of periodontal disease. Gum inflammation is often manifested by swelling or bleeding gums.

Keywords: tooth, gingivitis, microorganisms

Gingivitis is usually caused by the accumulation of microbial plaque on the teeth as a result of poor oral hygiene. The development of gingivitis can also be caused by incorrect orthodontic treatment, which, along with poor care of the oral cavity and teeth, encourages the intensive development of pathogenic microorganisms. Bacteria (in rare cases, viruses, fungi) are the direct cause of gum inflammation (*Streptococcus oralis*, *Bacteroides gingivalis*, *Porphyromonas gingivalis*, *Actinomyces comitans*, *Prevotella intermedia*, *Actinomyces israelii*).

RISK FACTORS

- Smoking;
- Violation of oral hygiene;
- Immunodepressive conditions;
- Lack of access to adequate dental care;
- Malnutrition;
- Dental calculus;
- Children aged 3 to 6 years;
- diabetes mellitus;
- Pregnancy;
- Vitamin C deficiency;
- Depressions;
- SARS, influenza, angina, AIDS, tuberculosis and other diseases;
- Poisoning of our body with heavy metals (mercury, bismuth, lead);
- Use of oral contraceptives;
- Pricus pathology;
- Problem fillings;
- Nasal breathing disorder.

SYMPTOMS, SIGNS, CLASSIFICATION OF GINGIVITIS

SHARP

Catarrhal gingivitis is the most common form of the disease. The main symptoms are redness of the gums, slight swelling, often the formation of soft and hard layers on the teeth. Gum inflammation and bleeding may be observed when brushing the teeth.

Chronic gingivitis is characterized by the fact that the patient does not experience pain, but the inflammation continues for a long time and is weak. Therefore, chronic gingivitis is often diagnosed during preventive examinations by a dentist.

In chronic gingivitis, bleeding during brushing, bad breath, reddening and swelling of the shaft are noted from time to time. When the disease is acute, the gum becomes bright, swollen and bleeds. Accumulation of plaque on the tooth is noticed, sometimes they damage the hard tissues of the tooth.

It is characterized by intensive reddening and abundant desquamation (movement of one layer) of the mammary epithelium.

Hypertrophic (hyperplastic) gingivitis is rare and is often associated with endocrine changes in the body. This type of disease can be observed in teenagers (juvenile gingivitis), pregnant women and people with diabetes. In hypertrophic gingivitis, the size of tooth-gum suckers increases.

Depending on the course of the disease, appropriate treatment is carried out: it can be professional cleaning of the oral cavity or surgical treatment. Systemic antibiotics such as penicillin, tetracycline, doxycycline, metronidazole, ciprofloxacin, and clindamycin can be used in severe or long-term gingivitis. Paracetamol or ibuprofen is prescribed to relieve pain in the breast.

It usually ends with complete healing, because the tooth-gum joint is not damaged.

GINGIVITIS PREVENTION

- Compliance with oral hygiene (toothpastes, gels, gargling);
- Quit smoking;
- Use of electric toothbrushes;
- Application of dental gels with metronidazole, for example, "Metrogil Denta";
- Medicines for flatulence in the form of tablets, such as Ambazone, 2,4-dichlorobenzyl alcohol, amylmetacresol;
- Use of toothpaste containing triclosan;
- Taking calcium supplements.

The preventive measures listed above are also used to treat inflammation of the gums. Flossing is not recommended.

Used Literature:

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