



# CAUSES OF PERIODONTITIS ORIGIN AND ITS COMPLICATIONS

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**Annotation:** Periodontitis is a common dental disease that affects about 90% of the adult population of the planet. Just like caries, it leads to tooth loss. But if almost everyone knows about the dangers, causes and prevention of caries, then periodontitis is still a little-known disease for many.

**Key words:** Teeth, periodontitis, healthy, medicine, modern approach, treatment and diagnostic, reproduction.

Our teeth are surrounded by the so-called periodontal disease. It consists of gums, blood vessels, connective and bone tissue. The periodontium provides nutrition to the hard tissues of the tooth and the alveolar process (the part of the jaw in which the dental wells are located). And it also holds the tooth tightly in its place.

Periodontitis is an infectious inflammation of the periodontium. Most often, it is preceded by gingivitis, in which the gum surface becomes inflamed. Bleeding and discomfort appear. With periodontitis, the inflammation penetrates deeper, and the symptoms may worsen. If the disease is not treated, it turns into periodontal disease, in which bone tissue is destroyed and teeth begin to fall out.

Periodontitis is caused by bacteria. And those factors that create a favorable environment in the oral cavity for their nutrition and reproduction are the cause of this disease. These include:

-Poor oral hygiene. After eating, food particles remain in the gaps between the teeth, in the gingival pockets (the recess between the gum and the tooth tissue). It is an excellent breeding ground for bacteria. And the less often or more carelessly we brush our teeth, the more likely we are to develop inflammation;

- Plaque forms on our teeth every day – a biofilm of bacteria. When it hardens, it forms tartar, which provokes inflammation of the tissues adjacent to the tooth;

- Injury to the gums by solid food, poorly fitted filling or crown, hard toothbrush, etc. Wounds are a favorable environment for pathogenic microorganisms.

Also, the factors contributing to the development of periodontitis include:

- Untreated dental inflammations (they spread to nearby tissues);
- Weakening of the immune system due to vitamin deficiency, malnutrition, constant stress;



- Smoking and chewing tobacco;
- Hormonal disorders;
- A decrease in the amount of solid food in the diet and, as a result, bone atrophy;
- Genetic predisposition;
- Symptoms and complications.

The insidiousness of periodontitis is that most often it proceeds calmly, without pain. His symptoms are unpleasant, but they don't bother him enough to run to the hospital. And at a routine check-up at the dentist, they often even forget to mention them. Therefore, the disease is not treated for years until it becomes neglected.

It is dangerous to start the disease. Over time, inflammation destroys tissues, periodontal pockets increase, teeth stop holding in them and eventually fall out – even healthy ones that are not affected by caries.

To choose the right treatment strategy, the doctor determines the type of periodontitis. The disease is classified according to severity, severity, and localization.

Depending on the severity of periodontitis, there are:

A mild degree, when a person is only concerned about bleeding and discomfort during brushing his teeth. At this stage, no more than a third of the tooth root has been destroyed, and the depth of periodontal pockets is up to 3 mm

The average degree at which the pockets deepen to 6 mm, and degenerative (destructive) processes affect up to half of the tooth root. At this stage, the patient notices that the teeth begin to loosen

A severe degree, during which the appearance of the dentition changes – the interdental spaces increase, the roots of the teeth are exposed. Gingival pockets enlarge, become foci of purulent inflammation, as food gets into them. More and more periodontal tissues are being destroyed, and teeth are beginning to fall out

Forms of periodontitis

According to the severity of the disease, it is divided into acute and chronic forms. Acute periodontitis is usually accompanied by pronounced painful sensations at the site of inflammation, the appearance of purulent abscesses (abscesses), the formation of fistulas through which pus exits. Possible fever, general weakness. There is only one advantage – with an acute form, they often consult a doctor and begin treatment for periodontitis, which usually prevents its transition to a severe advanced stage.

The chronic form of periodontitis in the early stages manifests itself mainly only by bleeding gums, bad breath. Almost nothing bothers the patient, but the periodontal tissues become inflamed and destroyed in the meantime. The hidden form is most common.

The most common explanation for the occurrence of periodontitis is neglect of the basic rules of oral hygiene. Even if you brush your teeth in the morning and evening, but do not remove leftovers, or the hygiene process takes only 20-30 seconds instead of the required 2 minutes, it will not help to get rid of plaque. This means that the risk of periodontitis is high.

The reasons also include the lack of necessary vitamins and minerals, improper nutrition, increased stress on the teeth and mechanical damage to the gums. If the tartar is not removed in time, it can also provoke the development of the disease.

It is worth noting separately that periodontitis can occur in the treatment of certain diseases, with various infections of the oral cavity, especially against the background of metabolic disorders or hormonal changes. First, the doctor needs your detailed description of the problem. In the early stages, even an experienced dentist may not notice the disease – there are almost no external signs. And based on your complaints, he will definitely prescribe additional studies. For the correct diagnosis of the disease, to determine its severity, the dentist uses:

Radiography or computed tomography – to assess the condition of periodontal tissues and dental roots.

Rheoparodontography, in which a weak current is passed through the periodontal tissues. It is used to study the tone of blood vessels in the area under study.

Microbiological studies of the oral cavity – to determine the type of pathogenic microorganisms that caused inflammation

Clinical urine and blood tests – to identify factors contributing to the development of periodontitis, as well as the general condition of the body

A set of diagnostic measures helps to determine the causes, severity of the disease, and the extent of its spread. Additional studies help to determine the contraindications and features of the use of therapy. As a result, the doctor makes an informed decision about treatment methods.

Modern methods can cure even severe forms of periodontitis. But it will not be possible to restore already destroyed tissues in any case. That is why the transition of periodontitis to a severe form should not be allowed.

The treatment regimen for periodontitis usually includes:

Elimination of sources of infection. The oral cavity is being sanitized: treatment of carious teeth, removal of tartar, cleaning of periodontal pockets.

Regular thorough oral hygiene. The dentist explains to the patient how to brush his teeth properly, how often. Recommends therapeutic toothpastes and rinses.

Elimination of bacterial infection in the periodontium. Usually, the fight is conducted at the local level (antibacterial ointments, applications, rinses), and at the systemic level – antibiotic injections or tablets are prescribed.

Strengthening the immune system with the help of multivitamin complexes, mineral supplements, immunomodulatory drugs. Correction of occlusion, improperly installed crowns or fillings that have caused inflammation. Restorative, restorative therapy for periodontal tissues using physiotherapy procedures and medications.

Correction of destroyed tissues, dentition in advanced cases. Surgical methods are used here:

- Let's look at what procedures and medications are used to treat periodontitis.

- Ultrasonic, hardware or laser cleaning of tartar and gingival pockets.
- Rinsing the oral cavity with antiseptic drugs.
- Gum treatment with antiseptic, antibacterial ointments and gels.
- Physiotherapy procedures – UHF, electrophoresis, ultrasound, gum massage, balneotherapy and so on.

- Splinting of teeth is a surgical operation in which teeth are fastened with a special tape to prevent their loss.

- A flap operation in which the gum flap is cut off, periodontal pockets are opened and cleaned. Then the flap is sewn into place in such a way as to close the exposed roots and strengthen the gum.

- The build-up of destroyed bone tissue and other surgical interventions.

Folk methods of treatment can be used only in combination with therapy prescribed by a doctor, and only with his approval. By themselves, they are most often unable to cope with periodontitis.

Periodontitis treatment is a complex process. Therefore, it is best to prevent its development. Preventive measures include:

- Regular dental check-ups (at least twice a year);
- Thorough and proper dental cleaning. The brush should be of medium hardness, cleaning movements should be directed to the cutting edge of the teeth, the duration of the procedure should be at least 5 minutes;
- Rinsing the mouth after eating;
- Regular use of dental floss or irrigator;
- The inclusion of solid foods in your diet, which improves blood supply to the gums and bone tissue of the jaw, as well as naturally cleanses teeth from plaque;
- Careful attitude to the oral mucosa, preventing its injury;
- Maintaining a good overall body tone, strengthening the immune system;
- Timely prosthetics of missing teeth;
- Regular gum massage is a simple procedure that can be performed independently. To do this, it is enough to massage the gums with your fingers for 5-10 minutes (after washing your hands).

Comprehensive consultations. Often, the problem affects several areas of dentistry at once, for example, therapy and prosthetics. In this case, your doctor will definitely invite related specialists for consultation. Cozy waiting areas and reception rooms, the use of modern diagnostic and treatment technologies give you a feeling of comfort throughout your stay at the clinic. Excellent technical equipment. All necessary diagnostic examinations, including cone beam computed tomography, can be performed in our clinics. All equipment is from leading European manufacturers.

The possibility of treatment in a dream, using gentle medical sedation (anesthesia). Such treatment will help to completely avoid discomfort and carry out extensive work in a short



time. You can be sure that our clinics will provide you with an accurate, comprehensive diagnosis, prescribe the right treatment and carefully monitor its effectiveness.

If the patient is still not ready for implantation for certain reasons – health status, moral component, financial capabilities – which in case of periodontitis (especially in advanced stages) is the most optimal and high-quality solution to the problem, then the doctor can temporarily preserve teeth and carry out a complex of other therapeutic measures. Implantation against the background of such a process is a risky business, so it would be better to give preference to removable structures.

The essence of the treatment of the disease is to destroy the foci of inflammation, restore the ligamentous apparatus, and restore elasticity and strength to the tissues around the tooth. There are several methods of treatment, but only the attending periodontist should choose the right tactics.

Note that in the presence of pronounced periodontitis, regular brushing of teeth will not be effective – here you will need to apply methods that will allow for a deeper cleansing of the entire surface of the teeth from plaque and hard deposits. We are talking about gum curettage or hardware treatment.

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