

## ORAL DISEASES IN CHILDREN AND THEIR PREVENTION

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**Annotation:** This article explores the most common dental diseases in children from both theoretical and practical medical perspectives. It discusses oral health problems frequently encountered in childhood — such as dental caries, pulpitis, gingivitis, orthodontic disorders, oral mucosal infections (including candidiasis and herpetic stomatitis), ulcers, and tongue coatings — along with their causes, clinical symptoms, and methods of prevention. The importance of proper oral hygiene, regular dental check-ups, and a healthy diet in children is emphasized throughout. The article also offers important recommendations for parents and healthcare professionals, highlighting their critical roles in maintaining children's oral health.

**Keywords:** pediatric dental diseases, dentistry, caries, pulpitis, gingivitis, oral hygiene, orthodontic problems, oral mucosa, stomatitis, dental pain, medical prevention, pediatric dentistry

Entrance.ota-mothers always want the best for their children and tooth health. From the time the first teeth appeared, it is very important to promote the habits of healthy mouth hygiene to prevent the most common dental problems facing the most common. The tooth-related problems are widespread in children of all ages, so preventive and proactive assistance is very important. The most common dental problems faced by children and teenagers:

1. The decay of teeth (spaces). Most young children do not know to clear uncontrolled brushes and threads. Some kids consume a lot of sugar, the gaps can become a big problem. The teeth will appear as a result of accumulation of sticky beaches on the surface of the teeth. The acid in the plaque is mainly eaten the enamel and eventually wear the teeth. Parents need to help children catch and control children tightly. Most of the tooth brush speaks it removes bacteria, bacteria, and food particles every day to prevent the early disintegration of teeth. If the space appears, the usual treatment is to fill the tooth of intersection, which includes drilling and filling the hole with a solid composite material.

2. Tental sensitivity. The delicate teeth can be uncomfortable and distract, which often breaks your child's attention and order. In children, tooth-sensitivity occur due to various factors, so medical examination of your child twice a year is necessary to determine the main reason. Some of the various things your child can cause sensitive to be sensitive:

- Decorative areas (spaces)
- Permanent teeth of new
- Acan erosion and gripping of enamel
- Tooth grinding (Bruksimm)
- Front or missing filler

· Orthodontic treatment If you have delicate teeth, there are different treatment methods that help reduce the pain and inconvenience you are experiencing. If you have a tooth-related to tooth, for example, you need to contact the dentist immediately to prevent the trouble.

3. Dental emergencies. Dental Emergency Signs can happen almost at any time. The children's sportsman, rough walks with brothers or falling on bicycle - all of which are scenarios that can cause an accident associated with dentistry. These accidents can lead to disintegration, fracture or cracking of teeth. Although the permanent tooth will be completely able to prevent a permanent teeth in severe cases, the special oral protection is a great opportunity to help prevent sports-related injuries. Consider more tips to keep your child's smile safe.

4. Children's gingivitis and gums of milk. You may think of the tooth problem with the gums of gums alone. Unfortunately, this is not the case for parents. Gingivitis and gumeat disease can occur in children and in fact it is very common in pediatric dental patients. The gingivitis is the beginning of the tokefty disease, which is often distinguished by a small bleeding while wearing a brush or string of your child. Gum disease is more aggressive in children who are badly of the bad. Often in the mouth contains pain, toothton recession, and swollen areas. In most cases, if more attention is paid to cleaning brushing and thread, gingivitis and gums could be prevented. In other cases, your child's teeth can grow so curved and compressed that they cannot clear their teeth properly, resulting in gingivitis or diseases of gingives.

5. Orthodontic problems. Children rarely have perfect flat teeth without any intervention. Ordothic problems are often the result of genetics, and the size and shape of the jaw plays a role in how to grow and combine the child. Some common misconceptions that occur in children include extreme biting, bottom biting, open biting, and space problems. It is better to put your child for the first time at the age of eight for oral. Orthodonstant problems can just mean more than a curved smile. Your child can have a significant full of teeth and misconceptions can lead to the problems of jaw, teeth cracking and oral hygiene.

6. Excessive suction of the finger. Many babies, babies and small children apply to the use of finger suction and emitting to calm anxiety. It does not become a problem until the child is large and still will continue to take this habit, because the suction can lead to problems related to the development of the child's teeth. Therefore, parents should not allow customers to continue after the childhood period. Often, the use of chronic heads and use of a sucker can lead to something called open biting. The open bite is a gap without the bottom of the upper front teeth, not with lower front teeth. This can be difficult for your child's bites and chewing and even affect his speech. The average children's teeth begin to lunch for six months. This process lasts to 2.5-3 years. Milk teeth affect caries and can cause damage to caries. Like adults, the toothache can be caries, pulp and periodontitis. Children can also misrepresent their feelings. Thus, at the beginning, in the ears or jewelry, the child with painful feelings can feel the pain. This is a reflected pain. The pains reflected in the mouth and face are often common. It is much harder to show its exact place, with the real toothache, with a real toothache. In addition, the baby can experience painful feelings in the mouth, which is generally derived from affected teeth. 7. Pulp. Needless to say, milk teeth have some anatomical properties. First, the children's teeth have roots (often longer than the roots of permanent teeth) and the nerves. Second, the main part of the crown of the milk teeth is pulp. And because the pulp horn is very close to places that communicate with neighboring teeth, even medium caries also reaches the pulp. Pain in children, usually just manifested itself in developed pulpdoes.

8. Caries. The process of destroying the hard tissue of the tooth is called caries. Children tend to be prone to the initial development of caries. It also causes many problems in childhood and in the next life. With the decomposition of teeth, the child can feel pain in teeth. It happens by an irritation, such as cold or hot water, food. If the pulp is inflamed, the toothache appears in parochisal, and not only the effects of stimulus (during meals), including at any time. In addition, pain can be permanent painful. The cause of caries is of great importance, not only the presence of germs in the oral cavity, but also other factors. The lack of proteins, vitamins, mineral salts, fluores and various traces in the body helps the development of karies. The carbohydrates that are rapid under the influence of sugar and other microbes also help destroy teeth. The condition of the teeth in the placement, development and performance of the teeth plays a serious role in the storage of teeth. According to the rule, the 6th teeth will suffer first of constant teeth, because they are not saturate with calcium and fluoride) and also are well cleaned by these teeth.

9. There is a candidiasis stomatitis. In children up to a year, the mouth pain is often causing yeast infection. Baby may feel good and don't try to eat - after a few seats, it spits in the chest with crying. When examining the oral cavity, it is known that in the interior of the tongue and the cheeks is red with white spots. Spots can be similar to the mouth of milk drops after feeding. To make sure, tap white spots with your finger or spoon locks. If this is an unit, then the spots remain in place. If the child has a abdominal cavity in the mouth of the child, it may appear in the anal area and in genitals, which leads to the "glistake" rash. The chest of the breastfeeding, that is, the ends of the chest, can also be infected.

10. Herpes stomatitis. In adult children, a pain of mouth can come from Herpes stomatitis. With the infection of herpes, the child can feel unreasonable fatigue, the temperature of the temperature may have very painful sensitivity - the child will even refuse to drink, and it's not even shortening the saliva. If herpes stomatitis is covered with lips, language, gums and the whole inner surface of the mouth and the whole inner surface of the mouth is covered with small bubbles and wounds. The lymph nodes in the neck will be enlarged. This situation is very painful and there is no effective treatment of it, but it passes through itself. The peak of pain can last for several days. Bubbles are formed in place and covering the mucous layer of the mouth disappears within 10 days.

11. FOLLOWINGS OF OUT. Single mouth and sometimes 2-3 wounds are the most common cause of mouth pain in old children. The stomach ulcer is the defect of the mucous membrane in the white or yellow circle, around the gray center. This place will be very painful. Unlike the herpes stomatitis, in this case, the child only contains 1-2 stomach ulcers and a normal general situation. The lymph nodes of neck can also be slightly larger. Such wounds may occur as a result of the injury of the oral mucosa: food - a sharp bone, bite cheek, etc. Such wounds in the mouth usually last five days. However, the reason for their appearance is often not clear. Frequent mouth scars in children with stress or illness. If they regularly brush their teeth and save the common health, their appearance decreases. Many chronic wounds can sometimes be a sign of the disease, so consult a doctor in such cases.

12. Accepting some medicines. Fybeat can also have side effects of some drugs, especially antibiotics. If the child is inflamed during the child, please let me know your doctor.

13. There is covered with white curtain. Many diseases cause the palate to be covered with white or yellow curtain. This is often found in a fever. Although the carculation of the language

is not serious, the mouth should be shaken several times a day with warm water with salt and drinking water. The spots that appear from the mouth of the child appear with fever and like small white salt particles can be the starting sign of the measles.

14. The mouth is pale (eleven). It is small white spots that look like a swim that appears inside the oral and language. They are formed due to fungi or fermented infections called monilosis. False of the mouth is common in newborns, people with AIDS virus and antibiotics, mainly in those who use tetracycline or ampicillin. If antibiotics are not necessary, it is necessary to stop it. Drink the nystatin tablet, then cooled half a teaspoon of water and should be mixed with water

. Rub 4 times a day where there is spots 4 times a day. Take this treatment for another 2 days after the loss of spots. Garlic also helps garlic also to drink yogurt. It is recommended to use nystatin in severe cases.

15. They. Little, painful vesicles on the lips crack and leave a living. They appear in fever or severely, after worrying, or causes them by herpes viruses. They end after 1 or 2 weeks. Putting the ice for the wound several minutes a few minutes will help them its passage. It can also help put the juice of bitter, cumor or bitter plant. No medications do not have a good effect.

Prevention of dental diseases in children

1. Check their teeth regularly. What to warn: The abnormal color of the enamel, the abnormal color of the tooth is, large gathering of the plaque.

2. Consult a doctor if he grows his teeth. If you do not heal this disease at an early stage, it can move to a serious form. This threatens the development of the enamel, the development of caries and its complications. If a child complains of a toothache, it should be very serious and close closest attention. He can ignore the situation and leave it quickly and ripen quickly and very serious consequences. 3. When meals: A child needs useful and healthy foods, such as vegetables, fruits and dairy products. Guidelines may cause the karies of the teeth, so they limit them important.

4. Regular Cleaning of the Child: Twice, morning and evening, to be cleaned for at least 2 minutes. It is recommended to use a special toothpaste and a soft brush for children.

5. Using the Points of the Display: Tooth-Masks (Floride), these teeth will enhance defense of teeth against caries.

6. Tracking inactive teeth: With the appearance of the initial teeth of the child, they need to check them regularly and to be taken to the dentist. It helps to ill identify no problems every teeth.

7. Visit to the Doctor: Every 6 months, it is important every 6 months important to visit the dentist, check the child's teeth and get the necessary treatment.

8. Reduction of Castar: Try to save a child from sugary drinks and frequent foods. Sugar can cause caries in teeth.

9. Supremise to protect the teeth: if a child is plugged in excess or squeezing his teeth, these circumstances can lead to tooth diseases. Such cases should be early detected and consult with the dentist.

10. Drinking of useful water: drink liquefied and mineralized water for children has a beneficial effect on the health of the teeth.

Conclusion: Dental diseases are widespread in children, and their early detection and treatment is important in maintaining the health of the oral cavity. Since the teeth are not yet fully formed

during the childhood period, their enamel is easily damaged and infections are spread rapidly. This leads to the development of diseases such as caries, pulp, gingivitis. The article describes the mouth pain in children and their potential causes, in which the need to be attentive and medical counsel is mentioned. It is also described as important factors in the health of dentistry, to follow up to dental diets, to follow a regular dentist, examination of fluoridologists, examination. This article serves as an important theoretical and practical source for students, doctors and parents in the field of dentistry.

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