



**PREVENTIVE APPROACHES TO THE PREVENTION OF DENTOFACIAL SYSTEM  
ANOMALIES AND DEFORMITIES**

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**Abstract**

This article analyzes the main etiological factors of dentofacial system anomalies and deformities, as well as modern preventive approaches to their prevention. Research findings indicate that hereditary, prenatal, and postnatal factors significantly influence the normal formation and development of the maxillofacial system. The necessity of implementing preventive measures at the primary, secondary, and tertiary levels is scientifically substantiated. Early diagnosis, elimination of harmful habits, preservation of primary teeth, and the application of interceptive orthodontic treatment methods contribute to preventing the development of complex orthodontic pathologies. A comprehensive and stage-by-stage preventive approach plays a crucial role in reducing the prevalence of dentofacial deformities among children and adolescents.

**Keywords:**

Dentofacial system, orthodontic anomaly, deformity, prevention, interceptive orthodontics, harmful habits, primary teeth, myogymnastics, early diagnosis.

**Introduction**

Dentofacial system anomalies and deformities are among the most common dental problems observed in children and adolescents. They not only cause aesthetic defects but may also lead to impairments in mastication, speech, breathing, and temporomandibular joint function. According to statistical data, orthodontic pathologies occur in approximately 40–70% of the pediatric population.

Dentofacial anomalies are closely associated with hereditary factors, disturbances in fetal development, improper nutrition, harmful habits, and premature loss of primary teeth. Therefore, the implementation of comprehensive and scientifically grounded preventive approaches is considered a highly relevant issue in modern dentistry.

**Main Part**

**1. Etiological Factors**

Dentofacial anomalies develop under the influence of the following factors:

- hereditary predisposition;
- prenatal and perinatal pathologies;
- postnatal functional disorders;
- mouth breathing;
- harmful habits (thumb sucking, prolonged pacifier use);
- premature loss of primary teeth.

These factors disrupt the balanced growth and development of the jaw bones, leading to improper formation of the dental arches.

**2. Primary Prevention**

Primary prevention aims to prevent the occurrence of pathology and includes the following measures:

- promoting a healthy lifestyle during pregnancy;



- ensuring breastfeeding;
- early detection and elimination of harmful habits;
- restoration of nasal breathing;
- establishing rational and balanced nutrition;
- formation of proper oral hygiene habits from an early age.

These measures ensure the physiological development of the maxillofacial system.

### **3. Secondary Prevention**

Secondary prevention focuses on early detection and prevention of progression of anomalies.

It includes:

- orthodontic examination at the age of 3–6 years;
- timely treatment of dental caries and its complications;
- use of space maintainers in cases of premature loss of primary teeth;
- recommendation of myogymnastic exercises.

Early orthodontic intervention reduces the need for complex treatment in the future.

### **4. Tertiary Prevention**

Tertiary prevention aims to prevent the worsening of deformities and restore functional and aesthetic balance. At this stage, the following are applied:

- orthodontic appliances;
- functional devices;
- multidisciplinary cooperation between orthodontists, dentists, and other specialists.

A comprehensive approach is essential for achieving effective treatment outcomes.

### **Conclusion:**

Prevention of dentofacial system anomalies requires a multi-stage and systematic approach. Early implementation of preventive measures, regular orthodontic monitoring, and elimination of harmful habits significantly reduce the prevalence of orthodontic pathologies. The integration of preventive dentistry and orthodontics plays an important role in promoting the formation of a healthy generation.

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