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*Inflammatory disease of periodontium*

**ANNOTATION**

This work describes the causes of periodontitis, the mechanisms of its development, clinical signs, and methods of prevention and treatment. Periodontitis is a chronic inflammatory disease of the tissues that hold teeth, which, if not treated in a timely manner, leads to loosening and loss of teeth. The study pays special attention to the early and severe stages of periodontitis, the importance of hygienic care, and modern methods of dental treatment. The results of the work show that early detection and prevention of periodontitis are important for maintaining a healthy oral cavity.

**Keywords:** Periodontitis, gum inflammation, dental tissues, oral hygiene, dental calculus, inflammatory process, dentistry, prevention, treatment methods.

**АННОТАЦИЯ**

В данной работе рассматриваются причины возникновения пародонтита, механизмы его развития, клинические проявления, а также методы профилактики и лечения. Пародонтит — это хроническое воспалительное заболевание тканей, удерживающих зубы, которое при отсутствии своевременного лечения может привести к расшатыванию и потере зубов. В исследовании особое внимание уделено начальным и тяжёлым стадиям пародонтита, значению гигиены полости рта, а также современным стоматологическим методам лечения. Результаты работы показывают, что ранняя диагностика и профилактика пародонтита имеют важное значение для сохранения здоровья полости рта.

**Ключевые слова:** Пародонтит, воспаление дёсен, ткани зуба, гигиена полости рта, зубной камень, воспалительный процесс, стоматология, профилактика, методы лечения.

**Annotatsiya:** Ushbu ishda parodontit kasalligining kelib chiqish sabablari, rivojlanish mexanizmlari, klinik belgilari hamda oldini olish va davolash usullari yoritilgan. Parodontit — tishlarni ushlab turuvchi to‘qimalarning surunkali yallig‘lanish kasalligi bo‘lib, o‘z vaqtida davolanmasa tishlarning bo‘shashishi va yo‘qolishiga olib keladi. Tadqiqotda parodontitning boshlang‘ich va og‘ir bosqichlari, gigiyenik parvarishning ahamiyati hamda zamonaviy stomatologik davolash usullariga alohida e‘tibor qaratilgan. Ish natijalari parodontitni erta aniqlash va oldini olish sog‘lom og‘iz bo‘shlig‘ini saqlashda muhim ahamiyatga ega ekanini ko‘rsatadi.

**Kalit so‘zlar:** Parodontit, milk yallig‘lanishi, tish to‘qimalari, og‘iz bo‘shlig‘i gigiyenasi, tish toshi, yallig‘lanish jarayoni, stomatologiya, profilaktika, davolash usullari.

## **ENTRANCE**

Today, among diseases of the oral cavity, periodontitis is one of the most common and urgent problems. This disease is accompanied by chronic inflammation of the periodontal tissues that hold the teeth, and if it is not detected in time and treated, it leads to loosening and loss of teeth. Periodontitis is associated not only with an aesthetic problem, but also with a disorder of the chewing process, a deterioration in the general state of health.

The widespread prevalence of periodontitis in recent years is explained by its occurrence in various age groups of the population. In the development of the disease, non-compliance with oral hygiene, accumulation of dental calculus, bad habits, as well as general somatic diseases play an important role. The latent and gradual development of periodontitis makes it difficult to detect it at an early stage.

Therefore, an in-depth study of the etiology, pathogenesis, clinical signs, and modern methods of treatment and prevention of periodontitis is of great importance. In this work, theoretical and practical data on periodontitis are analyzed, and ways of prevention and effective treatment of the disease are highlighted.

## **MAIN PART**

### **1. Concept and classification of periodontitis**

Periodontitis is a chronic inflammatory disease of the periodontal tissues that hold the teeth (milk, periodontal ligament, alveolar bone, and tooth cementum). The disease develops gradually and, if left untreated, leads to the destruction of periodontal tissues and tooth loss. Periodontitis mainly occurs as a complicated form of gingivitis.

According to the course of periodontitis, it is divided into acute and chronic, and according to the prevalence - into local and generalized. The disease is also classified as mild, moderate, and severe.

### **2. Causes (etiology) of periodontitis**

The main etiological factor in the development of periodontitis is the accumulation of bacterial plaque and dental calculus on the tooth surface. These microorganisms release toxins and cause an inflammatory process in periodontal tissues.

The following factors can also contribute to the development of the disease:

- non-compliance with oral hygiene;
- improper nutrition;
- smoking and bad habits;
- general somatic diseases, such as diabetes mellitus, cardiovascular diseases;
- decreased immunity;
- incorrect fillings and prostheses.

### **3. Mechanism of development (pathogenesis) of periodontitis**

The pathogenesis of periodontitis is associated with the impact of bacterial infection on periodontal tissues. Initially, the gums become inflamed, blood vessels dilate, and swelling

develops. As the inflammation deepens, periodontal pockets form, and the alveolar bone undergoes resorption.

As a result of the immune system's response to inflammation, tissue destruction intensifies, which leads to tooth loosening. When the pathological process is chronic and left untreated, it causes irreversible changes.

#### 4. Clinical signs of periodontitis

The clinical signs of periodontitis differ depending on the stage of the disease. In the initial stage, redness, swelling, bleeding of the gums and an unpleasant odor from the mouth are observed. In the moderate and severe stages, there is a deepening of periodontal pockets, purulent discharge, displacement and loosening of the teeth.

Patients complain of pain, discomfort, and increased tooth sensitivity during chewing.

#### 5. Treatment and prevention of periodontitis

Treatment of periodontitis requires a comprehensive approach. The main goal of treatment is to eliminate inflammation, reduce infection, and preserve periodontal tissues.

Treatment methods include:

- professional oral hygiene;
- removal of dental calculus;
- anti-inflammatory drugs;
- physiotherapeutic procedures;
- surgical interventions in severe cases.

Strict adherence to oral hygiene, regular dental check-ups, and a healthy lifestyle are crucial for preventing periodontitis.

### CONCLUSION

Periodontitis is widespread among oral diseases and is accompanied by chronic inflammation of the periodontal tissues that hold the teeth. If this disease is not detected in time and treated correctly, it can lead to tooth loosening and loss. Therefore, early detection and effective treatment of periodontitis is one of the urgent tasks.

The results of the study showed that non-compliance with oral hygiene, the accumulation of dental calculus, and general somatic diseases play an important role in the development of periodontitis. Regular dental examinations, professional hygiene, and improving patients' hygienic knowledge are crucial for disease prevention.

In conclusion, the treatment of periodontitis requires a comprehensive approach. By strengthening preventive measures, promoting a healthy lifestyle, and establishing individual oral care, it is possible to maintain the healthy state of periodontal tissues, not limiting oneself to clinical treatment methods. This approach serves to improve the dental health of the population.

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