



Oralno zdravlje stanovništva u Srbiji

Oral health in the Serbian population

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Apstrakt

Ubrzani tempo života, manjak vremena za osnovne životne potrebe, odnosno nedovoljno posvećivanje pažnje sopstvenom zdravlju, itekako ostavljaju traga na opšte zdravstveno stanje stanovništva, pa tako i na zdravlje usta i zuba. Čista usta i lep osmeh predstavljaju osnovni preduslov za uspešan poslovni i društveni ambijent pojedinca. Zdrav osmeh je danas postao prva stepenica na profesionalnom putu, jer se sve više, s razlogom, poistovećuje sa dobrim opštim stanjem organizma.

Bolesti usta i zuba su najčešća nezarazna oboljenja koja se mogu javiti tokom života i koja uzrokuju bol, nelagodnost, ali mogu dovesti do ozbiljnih posledica po opšte zdravlje. Karijes, parodontopatija, traume zuba spadaju u najčešća oralna oboljenja i stanja. Adekvatna prevencija i lečenje u ranoj fazi uveliko utiču na sprečavanje nastanka ovih oboljenja ili dobrog ishoda lečenja, ukoliko se počne u ranoj fazi. Prema procenama (*The Global Burden of Disease Study*) iz 2016. godine, skoro polovina svetske populacije (3,58 milijardi ljudi) ima neko oralno oboljenje. Karijes stalnih zuba u svetu ima 2,4 milijarde ljudi, a 486 miliona dece ima karijes mlečnih zuba. Prema rezultatima istraživanja koje je 2013. godine sprovedeno u Srbiji samo 8,3% stanovnika starijih od 25 godina ima sve svoje zube. Podaci iz izveštaja o unapređenju kvaliteta rada zdravstvenih ustanova Republike Srbije u 2017. godini pokazuju da je u Srbiji u 2017. godini samo 36,6% dece u sedmoj godini života imalo sve svoje zdrave zube, a da se procenat smanjuje i u dvanaestoj godini iznosi 35,5%.

Neadekvatna oralna higijena kao i neredovna kontrola stomatologa, imaju značajan uticaj na oralno zdravlje. Opšte preporuke za očuvanje oralnog zdravlja su održavanje adekvatne higijene, smanjenje unosa šećera i izbalansirana ishrana, redovne posete stomatologu, fluorizacija različitim preparatima fluora.

Najčešći razlog neodlaska stomatologu kod 70% stanovništva je strah od stomatologa, na koji utiče strah iz najranijeg detinjstva, mirisi ordinacije, zvuk stomatoloških instrumenata, ubod injekcije, sramota zbog lošeg stanja u ustima, strah od gubitka kontrole nad situacijom.

Sve ovo se može otkloniti izborom svog stomatologa od poverenja i njegovim strpljivim radom sa pacijentom uz primenu najsavremenijih dostignuća savremene stomatologije. Te doktrine savremene stomatologije podrazumevaju navikavanje dece od najranijeg uzrasta na obavezu odlaska kod stomatologa, a stomatologu da od ranog uzrasta, uz strpljivi odnos i primenu bezbolnog rada u stomatologiji, omogućujući posetu ordinaciji bez stresa.

Principi savremene stomatologije u različitim životnom dobu imaju za cilj da pacijentima omoguće rešavanje svih patoloških stanja, omogućavajući im, sa aspekta stanja zdravlja usta i zuba, normalan život.

Abstract

The fast pace of life, lack of time for basic living needs, and insufficient dedication to one's own health affect the general health condition of the population, and thus on the health of the mouth and teeth. A clean mouth and a beautiful smile are the basic preconditions for a successful business and social environment of an individual. Today, a healthy smile has become the first step on the professional path, because it is increasingly, for a reason, identified with the good general condition of the organism.

Diseases of the mouth and teeth are the most common non-communicable diseases that can occur during life and that cause pain, discomfort, but can lead to serious consequences for general health. Caries, periodontitis, and dental trauma are among the most common oral diseases and conditions. Adequate prevention and treatment at an early stage greatly affect the prevention of these diseases or a good treatment outcome if started at an early stage. According to estimates from *The Global Burden of Disease Study* in 2016, almost half of the world's population (3.58 billion people) has some kind of oral disease.

There are 2.4 billion people with permanent tooth decay in the world, and 486 million children have dental caries (tooth decay). According to the results of a survey conducted in Serbia in 2013, only 8.3% of the population over the age of 25 have all their teeth. Data from the report on improving the quality of work of health care institutions in the Republic of Serbia in 2017 show that in Serbia in 2017 only 36.6% of children at the age of seven had all their healthy teeth and that the percentage decreases, and in the twelfth year is 35, 5%.

Inadequate oral hygiene, as well as irregular dental check-ups, have a significant impact on oral health. General recommendations for maintaining oral health are maintaining adequate hygiene, reducing sugar intake and a balanced diet, regular visits to the dentist, fluoridation with various fluoride agents.

The most common reason for not going to the dentist in 70% of the population is the fear of the dentist, which is influenced by fear from the earliest childhood, smells of the office, the sound of dental instruments, injection stings, shame due to bad mouth, fear of losing control of the situation.

All this can be removed by choosing the dentist you can trust. It is expected from them to work patiently and use the application of the most modern achievements of modern dentistry. These doctrines of modern dentistry imply the accustoming of children from the earliest age to the obligation to go to the dentist, and the dentist to enable a visit to the office without stress from an early age with a patient attitude and change of painless work in dentistry.

The principles of modern dentistry at different ages are aimed at enabling patients to resolve all pathological conditions, enabling them, from the aspect of oral and dental health, to live a normal life.