

Oralno zdravlje i alkoholizam

Oral Health and Alcoholism

Ivica Glišić

Dom zdravlja Požarevac

Healthcare Center Požarevac

Apstrakt

Uvod: Prema Svetskoj zdravstvenoj organizaciji, alkoholizam se definiše kao dugotrajna ili povremena konzumacija alkoholnih pića koja dovodi do gubitka kontrole nad konzumacijom alkohola, učestalih intoksikacija, preokupacije alkoholom, te dalje i sve češće konzumacije alkohola sa očiglednim štetnim posledicama (fizičkim, psihičkim, socijalnim i ekonomskim).

Alkoholičar je osoba koja duže vreme prekomerno pije alkoholna pića, što razvija zavisnost od alkohola, koja dovodi do poremećaja u ponašanju i oštećenja duševnog i telesnog zdravlja. Pojam alkoholičara podrazumeva i one osobe koje pokazuju početke poremećaja. Učestala konzumacija većih količina alkoholnih pića ima poguban uticaj na zdravlje celog organizma, uključujući i usnu šupljinu. Tako su kod zavisnika od alkohola, u poređenju sa ostalom populacijom, puno češće pojave karijesa i bolesti desni, karcinomi jezika, grla i grkljana. Rizik od pojave oralnih karcinoma dodatno se povećava, ako je alkoholičar ujedno i pušač.

Cilj rada: Ovaj rad ima za cilj da pruži kratak osvrt na postupke i mere koje stomatolog treba da ima u vidu kada zbrinjava pacijente koji su zavisni od alkohola.

Metod rada: Istraživanje je realizovano u Stomatološkoj službi Doma zdravlja Požarevac i Opštoj bolnici u Požarevcu, u toku 2021. godine, kroz razna testiranja, uvidom u medicinsku dokumentaciju, kao i kroz lično radno iskustvo.

Rezultati: Upoznavanje sa značajem redovnih poseta stomatologu radi prevencije bolesti zuba i usta. Ozbiljni su problemi sa kojima se stomatolog susreće u lečenju ovih pacijenata, jer su skloni infekciji, krvarenju, a i ograničen im je izbor i doza lekova koje je potrebno ordinirati, kako u profilaktičke, tako i u terapijske svrhe.

Zaključak: Učestala i dugotrajna prekomerna konzumacija alkohola ima štetan uticaj na oralno zdravlje. Neke od posledica zavisnosti od alkohola mogu biti manje opasne, poput sklonosti karijesu i parodontnim bolestima, dentalnim erozijama, a neke mogu biti mnogo ozbiljnije i složenije, poput karcinoma usta, glave i vrata. Smanjenje i/ili prestanak konzumacije alkohola jedini je siguran put koji može dovesti do poboljšanja i oralnog i celokupnog zdravstvenog stanja zavisnika. Kod svih zavisnika od alkohola, a posebno onih koji za alkoholom potežu u svrhu savladavanja poteškoća svakodnevnog života, poboljšanje oralnog zdravstvenog statusa može dovesti i do poboljšanja samopercepcije, što se može pokazati kao vrlo bitan faktor u psihoterapijskom postupku lečenja od alkoholizma.

Abstract

Introduction: According to the World Health Organization, alcoholism is defined as long-term or occasional consumption of alcoholic beverages that leads to loss of control over alcohol consumption, frequent intoxications, preoccupation with alcohol, and further and more frequent consumption of alcohol with obvious harmful consequences (physical, psychological, social and economic).

An alcoholic is a person who drinks alcoholic beverages excessively for a long time, which develops alcohol dependence, which leads to behavioral disorders and damage to mental and physical health. The term alcoholic includes those who show the beginnings of the disorder. Frequent consumption of large amounts of alcoholic beverages has a harmful effect on the health of the entire organism, including the oral cavity. Thus, compared to the rest of the population, caries and gum disease, tongue, throat, and larynx cancers are much more common among alcohol addicts. The risk of oral cancers increases further if an alcoholic is also a smoker.

Aims of paper: This paper aims to provide a brief overview of the procedures and measures that the dentist should take into account when caring for patients who are dependent on alcohol.

Method of work: The research was carried out in the Dental Service of the Požarevac Health Center and the General Hospital in Požarevac in the course of 2021, through various tests, an insight into the medical documentation as well as personal work experience.

Results: Familiarity with the importance of regular visits to the dentist for the prevention of dental and oral diseases. There are serious problems that the dentist faces in the treatment of these patients, because they are prone to infection and bleeding, and they have a limited choice and dose of drugs that need to be prescribed, both for prophylactic and therapeutic purposes.

Conclusion: Frequent and long-term excessive consumption of alcohol has a harmful effect on oral health. Some of the consequences of alcohol addiction can be less dangerous, such as the tendency to caries and periodontal diseases, and dental erosions, and some can be much more serious and complex, such as cancer of the mouth, head, and neck. Reducing and/or stopping the consumption of alcohol is the only sure way that can lead to an improvement in both the oral and overall health of the addict. In all alcohol addicts, and especially those who seek alcohol in order to overcome the difficulties of everyday life, improving oral health status can also lead to improved self-perception, which can prove to be a very important factor in the psychotherapeutic treatment of alcoholism.