



Očuvanje i unapređenje oralnog zdravlja u redovnim i vanrednim okolnostima

Preservation and Improvement of Oral Health in Regular and Emergency Circumstances

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Apstrakt

Uvod: Oralno zdravlje se definiše kao standard zdravlja oralnih tkiva i tkiva koja su sa njima u vezi. To omogućava pojedincu da jede, govori i komunicira sa okolinom bez akutnih znakova bolesti, neprijatnosti ili smetnji, što doprinosi opštem stanju zdravlja i blagostanja.

Predstavlja izuzetno važan segment opšteg zdravlja i od velikog je značaja za funkcionisanje i kvalitet života.

Stomatološku zaštitu treba obezbediti po principu kombinovane zaštite:

1. preventivne
2. terapijske

Preventivna stomatologija je deo stomatologije koji se bavi prevencijom, nastankom najčešćih oboljenja usne duplje, otkrivanjem oboljenja u inicijalnoj fazi, prepoznavanjem, evidentiranjem, praćenjem, kontrolom i evaluacijom.

Označava skup mera kojima se bolest sprečava i onemogućavaju svi faktori rizika za njeno nastajanje.

Cilj preventivne stomatologije je da, na osnovu savremenih naučnih podataka o etiologiji oralnih oboljenja, preporuči i obezbedi primenu najefikasnijih, proverenih mera i sredstava za njihovo sprečavanje.

Preventivna stomatologija se definiše kao nauka i umeće prevencije bolesti usta i zuba, obezbeđivanje dugotrajnog oralnog zdravlja i unapređenje kvaliteta života. Podrazumeva primarnu, sekundarnu i tercijarnu prevenciju.

Primarna prevencija je usmerena na zdrave osobe. Podrazumeva sprečavanje pojava specifičnih oboljenja usta i zuba.

Sekundarna prevencija podrazumeva prepoznavanje rizika, ranu dijagnostiku oboljenja usta i zuba i sprečavanje dalje progresije preventivnim i jednostavnim terapijskim merama. Posebno je okrenuta određenim ciljnim grupama.

Tercijarna prevencija se sprovodi kada lečenjem ne možemo suzbiti bolest. Podrazumeva funkcionalnu rehabilitaciju organa za žvakanje terapijskim merama i merama za održavanje postignutih terapijskih efekata.

Metodologija: U prevenciji ključnu ulogu ima zdravstveno-vaspitni rad stomatologa sa decom predškolskog, školskog i srednjoškolskog uzrasta, kao i sa trudnicama i porodiljama.

U vanrednim situacijama ga obavljamo kroz prezentacije i preko platformi napravljenih za onlajn nastavu. Učenicima svih razreda osnovnih i srednjih škola sa gradskog i seoskog

Abstract

Introduction: Oral health is defined as the standard of health of oral tissues and tissues related to them. This allows the individual to eat, speak and interact with the environment without acute signs of illness, discomfort or interference, which contributes to the general state of health and well-being.

It represents an extremely important segment of general health and is of great importance for functioning and quality of life.

Dental protection should be provided according to the principle of combined protection:

1. preventive
2. therapeutic

Preventive dentistry is a part of dentistry that deals with prevention, the occurrence of the most common diseases of the oral cavity, detection of diseases in the initial phase, recognition, recording, monitoring, control and evaluation.

It denotes a set of measures that prevent the disease and prevent all risk factors for its occurrence.

The goal of preventive dentistry is to, based on modern scientific data on the etiology of oral diseases, recommend and ensure the application of the most effective, proven measures and means for their prevention.

Preventive dentistry is defined as the science and art of preventing diseases of the mouth and teeth, ensuring long-term oral health and improving the quality of life. It includes primary, secondary and tertiary prevention.

Primary prevention is aimed at healthy people. It means preventing the occurrence of specific diseases of the mouth and teeth.

Secondary prevention implies risk recognition, early diagnosis of oral and dental diseases and prevention of further progression through preventive and simple therapeutic measures. It is especially aimed at specific target groups.

Tertiary prevention is carried out when we cannot suppress the disease with treatment. It includes the functional rehabilitation of the chewing organs with therapeutic measures and measures to maintain the achieved therapeutic effects.

Methodology: In prevention, the health and educational work of dentists with children of preschool, school and high school age, as well as with pregnant women and mothers in labor, plays a key role.

In emergency situations, we do it through presentations and through platforms created for online teaching. Students of all

područja obezbeđuju se informacije potrebne za očuvanje i unapređenje oralnog zdravlja, a kroz školu roditeljstva, u saradnji sa polivalentnom patronažom, obuhvaćene su i trudnice i porodilje.

Program primarne prevencije sprovodi se kroz prevenciju karijesa i prevenciju parodontopatije.

Primarna prevencija karijesa podrazumeva UMN, fluorisanje zuba, zalivanje fisura po određenom protokolu.

Program primarne prevencije oboljenja paradoncijuma se odnosi na sprečavanje nastanka gingivitisa i očuvanje zdravlja paradoncijuma.

Zaključak: Potrebno je:

- Obuhvatiti sve ciljne grupe i ukazati na značaj oralnog zdravlja.
- Uticati na poboljšanje zdravlja usta i zuba dece i na stvaranje navike pravilnog održavanja higijene i primenu mera neophodnih za očuvanje oralnog zdravlja.
- Doprineti da se poveća broj ljudi sa očuvanim oralnim zdravljem.
- Podsticati donosiocima odluka za podršku merama za unapređenje oralnog zdravlja stanovništva.
- Mobilisati sve sektore društva na zajedničke akcije koje imaju za cilj promociju oralnog zdravlja.

grades of primary and secondary schools from urban and rural areas are provided with the information needed to preserve and improve oral health, and through the school of parenting, in cooperation with polyvalent patronage, pregnant women and mothers in labor are also included.

The primary prevention program is implemented through caries prevention and periodontal disease prevention.

Primary caries prevention includes UMN, dental fluoridation, fissure filling according to a specific protocol.

The program of primary prevention of periodontal disease is related to the prevention of gingivitis and the preservation of periodontal health.

Conclusion: It is necessary:

- Cover all target groups and point out the importance of oral health.
- Influence the improvement of the health of the mouth and teeth of children and the creation of the habit of proper hygiene maintenance and the application of measures necessary to preserve oral health.
- Contribute to increase the number of people with preserved oral health.
- Encourage decision-makers to support measures to improve the oral health of the population.
- Mobilize all sectors of society for joint actions aimed at promoting oral health.