
Results of the Study of the Prevalence and Structure of Periodontal Diseases in Young People

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Abstract: Early diagnosis of periodontal diseases, their treatment and prevention are currently an urgent problem in modern dentistry. Of particular importance is this problem in young people. Recently, there have been significant changes in the structure of periodontal diseases, a tendency to a sharp increase in the incidence rate among young people, and an increase in atypical forms of periodontitis (juvenile, rapidly progressive). At the same time, data on the state of periodontal tissues are contradictory. The prevalence of periodontal diseases in this age group varies widely. As a result of clinical and radiological studies of young people aged 19-25 years, generalized periodontitis was detected in 30% of cases, in 25-30 years – in 60%. The general medical significance of the problem of periodontal diseases is due to the early loss of a large number of teeth, the formation of foci of chronic infection, a decrease in the body's immunological resistance, the development of microbial sensitization, etc.

Keywords: periodontitis, diagnosis, young age, treatment.

One of the promising areas in dentistry that helps reduce the prevalence and intensity of periodontal diseases is the development and implementation of early diagnosis and treatment methods. To assess their effectiveness, it is necessary to conduct an epidemiological study with an analysis of the incidence of diseases near dental tissues. According to the recommendations WHO should conduct epidemiological surveys in all territories aimed at studying the level and structure of dental morbidity, including periodontal diseases. The condition of periodontal tissues is closely interrelated with pathological changes in teeth, the presence of dental deposits and other local traumatic factors. According to researchers, pathology near the dental tissues of an inflammatory nature is more common in young people. The study of the epidemiology of periodontal diseases in young people, in particular inflammatory diseases, is of considerable scientific and practical interest and serves as the basis for targeted prevention of generalized periodontitis, its complicated forms and chronization of the pathological process in periodontal tissues. Objective: to study the prevalence and structure of periodontal diseases in young people. Materials and methods of research with In order to study the prevalence, intensity and structure of periodontal diseases in young people, an epidemiological dental examination of patients who applied to the Department of Therapeutic Dentistry of the Pirogov National Medical University was carried out by random sampling. A total of 430 people aged 19 to 25 years were examined. There were 294 women and 136 men, which made up 68.37 and 31.63%. During the survey, a simplified WHO map was used to assess dental status [6]. All patients underwent a clinical examination with their written informed voluntary consent. It included examination and detection of pathology of periodontal tissues, teeth and oral mucosa. Results of the study Analysis of materials obtained in the course of an epidemiological study indicate a high frequency of periodontal diseases in young people. So, among the surveyed 430 young people (294 women and 136 men), periodontal diseases were detected in 169, which

amounted to 39.3%: 74 women (43.79%) and 95 men (56.21%). Intact periodontal disease was detected in 261 examined individuals (60.7%). The frequency of detection of periodontal diseases in men and women was different. In women, periodontal diseases were detected in 25.17% of cases (74 out of 294 examined), in men – in 69.85% (95 out of 136).

When comparing the relative frequency of periodontal tissue damage with generalized and localized forms, it was found that men get sick more often than women (56.25 and 54.29% of periodontal diseases were diagnosed in men, 43.75 and 45.71% in women, respectively). Consequently, in the structure of periodontal diseases in young people, chronic diffuse catarrhal gingivitis, chronic limited catarrhal gingivitis and chronic localized periodontitis of the initial-I degree are most common (in a total of 93.49% of cases). At the same time, localized periodontal tissue lesions were detected in 105 patients (62.13%). The main reasons for their occurrence were the presence of a carious process in the cervical region and its poor-quality treatment, dental deposits, poorly made orthopedic and orthodontic structures, malocclusion, etc.

Prevalence of localized periodontal tissue diseases by lesion depth,%. The data obtained show a predominant local lesion of the entire complex of periodontal tissues: chronic localized periodontitis of the initial-I degree was detected in 60 patients out of 105 patients, which was 57.14%; chronic limited catarrhal gingivitis - in 45 (42.86%). There were 67 males (54.29%) and 38 females (45.71%). It is noteworthy that men are more likely to have localized lesions of the parotid tissues than women: in 70.53% of cases (67 out of 95 with periodontal diseases) and in 51.35% (38 out of 74), respectively. Apparently, the lower frequency of periodontal tissue lesions in women is due to the fact that this category of patients is known to be more motivated and trained in the rules of oral care than men.

Consequently, in the presence of local damaging factors (carious process in the cervical region, poor-quality restorations and orthopedic (orthodontic) structures, malocclusion, dental deposits, small vestibule, short frenulum of the lips, tongue, traumatic occlusion, etc.), a chronic inflammatory process develops in the parotid tissues, most often with damage to the entire periodontal complex (57,14%). This is probably due to the long-term adverse effects of plaque microorganisms and their toxins, as well as the presence of sharp edges of the carious cavity, restorations, orthopedic structures and other traumatic factors on the alveolar process mucosa, which contribute to the development of a chronic inflammatory process in the gum and dystrophic-inflammatory and destructive – in the interalveolar bone tissue. Conclusions Thus, as a result of the conducted studies, a high prevalence of periodontal diseases among young people was revealed (39.3%). Periodontal tissue damage was found to be more frequent in men than in women (2.78 times). In the structure of periodontal diseases in young people, the most common are chronic diffuse catarrhal gingivitis (31.36%), chronic limited catarrhal gingivitis (26.63%), and chronic localized periodontitis of the initial-I degree (35.5%). Localized periodontal tissue lesions at a young age were detected in 105 patients (62.13%). The dependence of the frequency of localized and generalized lesions of the parotid tissues on the gender of patients was established: in men, these forms of diseases are more common than in women (1.19 and 1.29 times, respectively). Primary local lesion of the entire complex of periodontal tissues was found in young people: chronic localized periodontitis of the initial-I degree in 60 patients (57.14%), chronic limited catarrhal gingivitis – in 45 (42.86%). The prospect of further research is to study the features of the clinical course of localized periodontal tissue lesions in young people in order to develop methods for their early diagnosis, prognosis and prevention.

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