



STOMATOLOGICAL DISEASES AND THEIR IMPACT ON HUMAN HEALTH

Askarova Dilnoz G'ulom qizi¹

Ahmedova Mahfuza Boltayevna²

Teacher at Afshona Abu Ali Ibn Sino Public Health Medical College^{1,2}

Abstract

Stomatological diseases are among the most widespread health problems affecting people of all age groups worldwide. These diseases include dental caries, periodontal disorders, oral infections, and mucosal diseases that negatively influence general health and quality of life. Poor oral hygiene, unhealthy nutrition, smoking, systemic illnesses, and inadequate preventive care are major contributing factors. Modern dentistry emphasizes prevention, early diagnosis, and minimally invasive treatment approaches. This article discusses the main types of stomatological diseases, their causes, clinical manifestations, diagnostic methods, prevention strategies, and current treatment options.

Keywords: stomatological diseases, dentistry, dental caries, periodontal disease, oral health, prevention, oral hygiene

Introduction

Oral health is an essential component of overall human health and well-being. Stomatological diseases not only affect the teeth and oral cavity but may also contribute to systemic disorders such as cardiovascular disease, diabetes mellitus, and respiratory infections. According to the World Health Organization, oral diseases remain a major public health challenge worldwide.

The increasing prevalence of unhealthy lifestyles, excessive sugar consumption, tobacco use, and poor oral hygiene has contributed to the rise of dental



diseases. Therefore, preventive dentistry and public awareness are critically important for maintaining oral health.

Main Types of Stomatological Diseases

Dental Caries

Dental caries is a chronic infectious disease characterized by the destruction of tooth enamel and dentin due to acid production by oral bacteria.

Etiological Factors:

- Poor oral hygiene
- Frequent sugar intake
- Lack of fluoride
- Bacterial plaque accumulation
- Reduced saliva secretion

Clinical Symptoms:

- Tooth sensitivity
- Pain during eating
- Visible cavities
- Halitosis

Treatment:

- Fluoride therapy
- Dental fillings
- Root canal treatment
- Tooth extraction in severe cases

Periodontal Diseases

Periodontal diseases affect the supporting structures of teeth, including gums, periodontal ligaments, and alveolar bone.

Common Types:

- Gingivitis
- Periodontitis



Symptoms:

- Bleeding gums
- Swelling and redness
- Gum recession
- Tooth mobility

Risk Factors:

- Smoking
- Diabetes mellitus
- Hormonal imbalance
- Poor oral hygiene

Management:

- Professional dental cleaning
- Scaling and root planing
- Antibacterial therapy
- Surgical periodontal treatment

Oral Mucosal Diseases

Diseases affecting the oral mucosa include stomatitis, leukoplakia, candidiasis, and aphthous ulcers.

Causes:

- Viral or fungal infections
- Nutritional deficiencies
- Immune disorders
- Mechanical trauma

Clinical Features:

- Oral pain
- Ulcers
- White or red lesions
- Burning sensation



Early diagnosis is important because some mucosal lesions may have precancerous potential.

Malocclusion

Malocclusion refers to abnormal alignment of teeth and jaws.

Consequences:

- Difficulty chewing
- Speech problems
- Aesthetic concerns
- Increased risk of dental plaque accumulation

Treatment:

- Orthodontic braces
- Clear aligners
- Functional appliances
- Surgical correction in severe cases

Prevention of Stomatological Diseases

Preventive measures play a crucial role in reducing the incidence of oral diseases.

Main Preventive Strategies:

1. Brushing teeth twice daily with fluoride toothpaste
2. Regular use of dental floss
3. Balanced nutrition with limited sugar intake
4. Routine dental check-ups
5. Smoking cessation
6. Professional oral hygiene procedures

School-based dental education and community health programs are also effective methods for promoting oral health.

Modern Technologies in Dentistry



Recent technological advances have significantly improved dental diagnosis and treatment.

Innovations Include:

- Digital radiography
- Laser dentistry
- CAD/CAM restorative systems
- Dental implants
- 3D printing technologies
- Artificial intelligence in diagnostics

These modern approaches provide safer, faster, and more effective dental care.

Conclusion

Stomatological diseases remain a serious global health concern that affects both oral and systemic health. Prevention, early diagnosis, proper oral hygiene, and modern treatment methods are essential for maintaining healthy teeth and oral tissues. Public awareness and the integration of preventive dentistry into healthcare systems can significantly reduce the burden of dental diseases in society.

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