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- 13.00.00 Pedagogika fanlari
- 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
- 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
- 13.00.03 Maxsus pedagogika
- 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
- 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
- 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
- 13.00.07 Ta'limda menejment
- 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
- 13.00.09 Ijtimoiy pedagogika
- 07.00.00 Tarix fanlari
- 19.00.00 Psixologiya fanlari
- 01.00.00 Fizika-matematika fanlari
- 02.00.00 Kimyo fanlari
- 03.00.00 Biologiya fanlari
- 09.00.00 Falsafa fanlari
- 10.00.00 Filologiya fanlari
- 11.00.00 Geografiya fanlari

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Pedagogika, psixologiya fanlariga ixtisoslashgan ilmiy jurnal



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MODERN ASPECTS OF EPIDEMIOLOGICAL ISSUES IN PERIODONTAL DISEASES ASSOCIATED WITH THE CONSUMPTION OF GROUNDWATER

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Abstract: The presence of commensal bacteria in the gingival sulcus and dental biofilm causes gingival inflammation, which represents a normal physiological response. The two main chronic infectious oral diseases responsible for the majority of human tooth loss are periodontal disease and dental caries. Periodontal diseases comprise a group of disorders affecting the gingiva, cementum, alveolar bone, and periodontal ligament that support the teeth. They are most commonly caused by chronic inflammation and infection induced by pathogenic microorganisms such as *Fusobacterium nucleatum*, *Porphyromonas gingivalis*, *Aggregatibacter actinomycetemcomitans*, and *Prevotella intermedia*.

Gingivitis is a reversible, non-destructive condition that does not lead to the loss of periodontal tissues. It is characterized by inflammation of the soft tissues without apical migration of the junctional epithelium. Periodontitis, in contrast, is an infection of the periodontium accompanied by apical migration of the junctional epithelium, resulting in the destruction of connective tissue attachment and loss of the alveolar bone supporting the teeth. Gingivitis and periodontitis are generally regarded as stages within the same disease continuum.

Oral epidemiological examinations provide the basis for assessing a population's oral health status and treatment needs. Policy planning and the allocation of financial and human resources for the treatment and prevention of periodontal diseases benefit from the analysis of global prevalence data. However, the exact prevalence remains unclear across countries with different economic levels and among various age groups. This review article presents data on the prevalence of periodontal diseases and the role of risk factors in their onset and progression.

Key words: gingivitis, periodontitis, periodontal diseases, prevalence.

Annotatsiya: Milk yorig'ida va tish bioqavatida mavjud bo'lgan kommensal bakteriyalar milk yallig'lanishini keltirib chiqaradi, bu esa normal fiziologik javob hisoblanadi. Insonlarda tish yo'qotilishining asosiy sababi bo'lgan ikki asosiy surunkali yuqumli og'iz bo'shlig'i kasalliklari – periodontal kasalliklar va kariyesdir. Periodontal kasalliklar tishlarni tutib turuvchi milk, ildiz sementi, alveolyar suyak va periodontal boylamni zararlovchi kasalliklar guruhini tashkil etadi. Ular ko'pincha surunkali yallig'lanish va *Fusobacterium nucleatum*, *Porphyromonas gingivalis*, *Aggregatibacter actinomycetemcomitans* hamda *Prevotella intermedia* kabi patogen mikroorganizmlar chaqirgan infeksiya natijasida yuzaga keladi.

Gingivit qaytuvchan, destruktiv bo'lmagan holat bo'lib, periodontal to'qimalarning yo'qolishiga olib kelmaydi. U yumshoq to'qimalarning yallig'lanishi bilan tavsiflanadi va birikuvchi epiteliy apikal migratsiyasi kuzatilmaydi. Periodontit esa periodontal to'qimalarning infeksiyasi bo'lib, birikuvchi epiteliy apikal migratsiyasi bilan kechadi hamda birikuvchi to'qima birikmasining buzilishi va tishni tutib turuvchi alveolyar suyakning yo'qolishiga olib keladi. Gingivit va periodontit yagona kasallik jarayonining bosqichlari sifatida qaraladi.

Og'iz bo'shlig'i bo'yicha epidemiologik tadqiqotlar aholi og'iz salomatligi holatini baholash va davolash ehtiyojlarini aniqlash uchun asos bo'lib xizmat qiladi. Periodontal kasalliklarning tarqalishi haqidagi global ma'lumotlarni tahlil qilish davolash va profilaktika chora-tadbirlarini rejalashtirish hamda moliyaviy va inson resurslarini oqilona taqsimlashda muhim ahamiyatga ega. Biroq turli iqtisodiy darajadagi mamlakatlar va yosh guruhlari kesimida ularning aniq tarqalish darajasi hana to'liq aniqlanmagan. Ushbu sharh maqolada periodontal kasalliklarning tarqalishi hamda xavf omillarining ularning yuzaga kelishi va rivojlanishidagi o'rni yoritilgan.

Kalit so'zlar: gingivit, periodontit, periodontal kasalliklar, tarqalish darajasi.



Аннотация: Наличие комменсальных бактерий в десневой борозде и зубном биоплёнке вызывает воспаление дёсен, что является нормальной физиологической реакцией. Двумя основными хроническими инфекционными заболеваниями полости рта, приводящими к потере большинства зубов у человека, являются пародонтоз (заболевания пародонта) и кариес. Заболевания пародонта представляют собой группу патологических состояний, поражающих десну, цемент корня, альвеолярную кость и периодонтальную связку, поддерживающие зубы. Наиболее часто они обусловлены хроническим воспалением и инфекцией, вызванными патогенными микроорганизмами, такими как *Fusobacterium nucleatum*, *Porphyromonas gingivalis*, *Aggregatibacter actinomycetemcomitans* и *Prevotella intermedia*.

Гингивит является обратимым, неструктивным состоянием, не приводящим к утрате тканей пародонта. Он характеризуется воспалением мягких тканей без апикальной миграции соединительного эпителия. Пародонтит, напротив, представляет собой инфекцию тканей пародонта, сопровождающуюся апикальной миграцией соединительного эпителия, что приводит к разрушению соединительнотканного прикрепления и потере альвеолярной кости, поддерживающей зубы. Гингивит и пародонтит рассматриваются как стадии единого патологического процесса.

Эпидемиологические стоматологические исследования служат основой для оценки состояния здоровья полости рта населения и определения потребности в лечении. Анализ глобальных данных о распространённости заболеваний пародонта способствует разработке политики и рациональному распределению финансовых и кадровых ресурсов для лечения и профилактики. Однако точная распространённость заболеваний остаётся недостаточно изученной в странах с различным уровнем экономического развития и среди разных возрастных групп. В данной обзорной статье представлены данные о распространённости заболеваний пародонта и роли факторов риска в их возникновении и прогрессировании.

Ключевые слова: гингивит, пародонтит, заболевания пародонта, распространённость.

INTRODUCTION

Periodontal diseases are inflammatory pathological conditions of the oral cavity that affect both soft and hard periodontal tissues. Periodontal disease remains one of the most prevalent chronic infectious diseases worldwide. According to current epidemiological studies, it is the eleventh most common disease globally, with a prevalence ranging from 20% to 50% [38, 63]. The transition from gingivitis, a reversible inflammatory condition, to periodontitis, characterized by irreversible attachment loss, results from a complex interaction between pathogenic biofilms (such as *P. gingivalis* and *A. actinomycetemcomitans*) and the host immune response [41, 69].

LITERATURE REVIEW

The distribution of periodontal destruction is not uniform across populations. Age is a major determinant, as older individuals demonstrate the highest prevalence of chronic periodontitis (up to 82%) [68]. Geographic and socioeconomic disparities are also substantial; in countries such as China, India, and Belarus, almost no segment of the adult population is reported to be completely free of periodontal disease [56]. Furthermore, a clear inverse correlation exists between disease severity and educational or income level. Individuals with lower socioeconomic status have a 1.8-fold higher risk of developing severe periodontitis [28, 31]. Contemporary paradigms have expanded the classical "Page and Kornman" model of pathogenesis to incorporate systemic associations. Periodontitis is now recognized as a risk factor for diabetes mellitus, cardiovascular diseases, and adverse pregnancy outcomes [52, 54]. Among lifestyle-related determinants, tobacco use remains the most significant modifiable risk factor. Heavy smokers exhibit an 8-fold greater likelihood of developing severe periodontitis compared to non-smokers, demonstrating a clear dose-dependent relationship [64, 67].

The mechanical integrity of the implant–prosthetic complex is as critical as biological stability. Although implant fractures are less common than peri-implantitis, they may result in catastrophic failure [1, 2]. Clinical data from twenty-one documented cases indicate that implant fractures most frequently occur five to eight years after functional loading. Failure of the fixation screw represents a major predisposing factor for implant body fractures; in several reported cases, implant fracture occurred 18–24 months following screw replacement. To prevent mechanical complications, the literature emphasizes a prosthetically driven surgical strategy. One significant risk factor is the placement of narrow-diameter implants (3.5 mm) in high-load molar regions; the recommended implant diameter in such areas ranges from 4.0 mm to 5.0 mm. Splinting short implants (6 mm), particularly in the posterior maxilla following sinus elevation procedures, is advised to distribute occlusal forces evenly through integration into a single orthopedic unit [4]. Additionally, insufficient bone volume necessitates prior augmentation procedures, such as bone grafting, to ensure adequate hard-tissue support and to reduce stress concentration in the cervical region of the implant [3].



RESEARCH METHODOLOGY

Gingivitis is a condition in which the inflammatory process is limited to the gingival tissues; periodontitis, in contrast, affects the supporting structures of the teeth, including the periodontal ligament and alveolar bone, and leads to the destruction of both soft and hard tissues [31]. The early stage, known as gingivitis, is characterised by mild - moderate inflammation that is generally reversible. Clinical symptoms include discomfort, bleeding on probing, and gingival swelling. As local inflammation progresses, it may develop into periodontitis, which was defined as a host-mediated, microbially associated inflammatory disease resulting in the loss of periodontal attachment at the 1999 International Workshop for the Classification of Periodontal Diseases [69].

The diagnosis of periodontitis should be based on Clinical Attachment Loss (CAL), determined through a circumferential assessment of erupted teeth using standardised periodontal probes with reference to the cemento-enamel junction (CEJ) [41]. This diagnostic framework was reaffirmed at the 2017 World Workshop on the Classification of Periodontal and Peri-Implant Diseases and Conditions. The standard model of periodontal pathogenesis, developed by Page R. and Kornman K. in 1997 [58], provides the conceptual basis for studies aimed at elucidating the complex, interdependent interactions within the dental biofilm and between the gingival sulcus microbiome and the host immune response. Although this paradigm remains fundamentally relevant more than twenty years later, emerging evidence necessitates its refinement.

ANALYSIS AND RESULTS

Chewing, appearance, self-esteem, and quality of life may all be adversely affected by periodontal disease [60, 71]. The Disability-Adjusted Life Years (DALY) associated with periodontal diseases totaled 3.5 million years lived with disability worldwide in 2016 [38]. The worldwide burden of periodontitis rose by 57.3% between 1990-2010 [48]. Severe periodontitis was predicted to cost \$54 billion USD per year in lost productivity globally in 2010 [37]. Because the population is ageing and older people are more likely to retain their natural teeth, prevalence is predicted to rise globally [70]. Additionally, systemic disorders such as obesity, diabetes mellitus, cardiovascular disease, rheumatoid arthritis, chronic obstructive pulmonary disease (COPD), and poor pregnancy outcomes are associated with periodontal illnesses [2, 3, 5, 6, 7, 18, 19, 21, 34, 40, 46, 52, 55]. The metastatic movement of inflammatory mediators and bacteria from periodontal tissues to other organs is thought to underlie this connection [52, 53, 54]. Developing public health interventions, particularly in the context of COVID-19, requires examining variables that influence prevalence across sociodemographic categories [1, 4, 12, 15, 17, 20]. With a global incidence ranging from 20% to 50% [63], severe periodontal diseases rank eleventh in terms of prevalence globally, according to the Global Burden of Disease Study (2016) [38]. As age increases, disease severity rises. For example, Tadjoein F. discovered that the elderly had the highest frequency of chronic periodontitis (82%), followed by adults (73%) and adolescents (59%) [68]. Because early stages are usually asymptomatic, patients often seek therapy only at advanced stages, even though the disease is preventable [47]. Regional differences were highlighted by Nazir M. et al.: in Belarus, 0% of teenagers had no periodontal disease (CPITN = 0), whereas in Norway and Germany the corresponding proportions were 1% and 2%, respectively. In Norway, the greatest percentage of teenagers with severe periodontitis (CPITN 3+4) was 66% [56].

Countries such as China, India, and Belarus reported that 0% of individuals aged 35-44 were free of periodontal disease. About 46% of dentate individuals aged ≥30 years in the USA had periodontitis (NHANES 2009-2012). Ethnic group differences were observed: non-Hispanic Whites had the lowest prevalence (40.8%), whereas Hispanics had the highest (63.5%), followed by non-Hispanic African Americans (59.1%) and non-Hispanic Asian Americans (50%) [36, 56]. Lower levels of education and poverty are associated with higher prevalence. Severe periodontal disease is 1.8 times more common among low-income individuals than among high-income individuals [26, 28, 31]. The frequency of dental visits is influenced by the absence of dental insurance, which is often linked to this disparity [24]. Smoking is a significant dose-dependent risk factor. Severe periodontitis is eight times more common in heavy smokers and three times more common in moderate smokers than in non-smokers [64, 66]. In terms of gender, males often exhibit worse periodontal health than females [22, 30], which is typically associated with lower utilization of dental services [35, 61, 72] and poorer oral hygiene habits [33, 44]. Nonetheless, gender-specific variations in immune-inflammatory host responses may also be involved [29].

CONCLUSION

Planning for public health and understanding the progression of periodontal diseases rely heavily on epidemiological research. Dental research should prioritize investigating the etiological factors underlying these diseases, as this will enhance preventive strategies and improve treatment planning.



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- 13.00.00 Pedagogika fanlari
 - 13.00.01 Pedagogika nazariyasi. Pedagogik ta'limotlar tarixi
 - 13.00.02 Ta'lim va tarbiya nazariyasi va metodikasi (sohalar bo'yicha)
 - 13.00.03 Maxsus pedagogika
 - 13.00.04 Jismoniy tarbiya va sport mashg'ulotlari nazariyasi va metodikasi
 - 13.00.05 Kasb-hunar ta'limi nazariyasi va metodikasi
 - 13.00.06 Elektron ta'lim nazariyasi va metodikasi (ta'lim sohaları va bosqichlari bo'yicha)
 - 13.00.07 Ta'limda menejment
 - 13.00.08 Maktabgacha ta'lim va tarbiya nazariyasi va metodikasi
 - 13.00.09 Ijtimoiy pedagogika
 - 07.00.00 Tarix fanlari
 - 19.00.00 Psixologiya fanlari
 - 01.00.00 Fizika-matematika fanlari
 - 02.00.00 Kimyo fanlari
 - 03.00.00 Biologiya fanlari
 - 09.00.00 Falsafa fanlari
 - 10.00.00 Filologiya fanlari
 - 11.00.00 Geografiya fanlari



AKTABGACHA VA AKTAB TA'LIMI

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