

TISH TOSHINING HOSIL BO'LISH SABABLARI VA PROFILAKTIK CHORA TADBIRLAR.

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Annotatsiya: Tish toshlari - bu tish emalining qattiq mineral qatlamlari bo'lib, ular o'z vaqtida olib tashlanmagan tish karashidan hosil bo'ladi. Uning tarkibida odatda kalsiy va temir tuzlari, tuz-fosfatlar (asosan), oziq-ovqat qoldiqlari, bakteriyalar va milk shilliq pardasining o'lgan hujayralari bo'ladi.

Kalit so'zlar: tish toshlari, karies, og'iz bo'shlog'i, gigiyena.

Kirish

Tish toshi vaqt o'tishi bilan qorayib, qotib boradigan karashdan hosil bo'ladi. Odatda cho'kindilar tishlarda paydo bo'ladi, ularni tozalash qiyinroq bo'ladi, masalan, pastki oldingi tishlarning ichki tomonida. Qattiq tish toshi hosil bo'lish jarayoni bir necha oydan yarim yilgacha davom etishi mumkin.

Hozir tish toshi kichik maktab yoshidagi bolalar va o'smirlarda tobora ko'proq uchraydi. Bu og'iz bo'shlig'i gigiyenasiga yetarlicha rioya qilmaslik, noto'g'ri ovqatlanish va bolalar chekishi bilan bog'liq. Yosh ulg'aygan sari tish toshining hosil bo'lishi yanada yaqqolroq namoyon bo'ladi.

Stomatolog-gigiyenistlar tish karashining va natijada tish toshining paydo bo'lishiga olib keladigan omillarga quyidagilarni kiritadilar:

- Ovqatni faqat bir tomondan kesish odatlar, noto'g'ri tishlash yoki kariyes bilan bog'liq bo'lishi mumkin.
- Og'iz bo'shlig'i gigiyenasi qoidalarini e'tiborsiz qoldirish.
- Asosan yumshoq ovqat iste'mol qilish.
- Sifatsiz tish cho'tkalari va pastalardan foydalanish.
- Tishlarning tez qotishiga genetik moyillik.
- So'lakda fosfatlar miqdorining yuqori bo'lishiga olib keluvchi almashinuv jarayonlarining buzilishi.

Tish toshining hosil bo'lish jarayonini quyidagicha tavsiflash mumkin:

- Halqaning shakllanishi: Tish bo'yni atrofida kichik halqa hosil bo'ladi, u tish qatorining ichki tomonidan ko'rilganda ko'rinadi. Asta-sekin bu qorong'ilanish tishning toji va tashqi yuzasiga tarqaladi.
- Buzilish va yallig'lanish: Tosh tishlar koronkalari ostiga kirib, ularni shikastlaydi. Bu milklardan qon ketishiga va og'izdan yoqimsiz hid kelishiga sabab bo'ladi.

- Tishlarning rangi va holati: Tosh bilan qoplangan tishlar qorayadi. Keyinchalik gingivit boshlanishi mumkin. Agar tosh milkning ostiga chuqur kirib borsa, tish chayqala boshlaydi va og‘riy boshlaydi.
- Rang va aniqlash: Milk usti tishi odatda jigarrang yoki sariq rangda bo‘ladi va uni mustaqil ravishda aniqlash mumkin. Milk osti toshi jigarrang yoki yashil tusda bo‘ladi, u juda qattiq bo‘lib, uni faqat stomatolog asboblari yordamida tekshirganda aniqlashi mumkin.

Shifokor og‘iz bo‘shlig‘ini standart tekshirish paytida milk usti tish toshini aniqlaydi. Milk osti hosilalarini aniqlash uchun u stomatologik zondan foydalanadi.

Tish toshi, garchi jiddiy og‘riqqa sabab bo‘lmasa-da, o‘z vaqtida olib tashlanmaganda quyidagi muammolarga olib kelishi mumkin:

- Milk qonashi: Milk aniq sabablarsiz ham qonashni boshlashi mumkin.
- Yomon hid: Shilliq pardaning ta’sirlanishi va yallig‘lanishi yoqimsiz hidni keltirib chiqaradi.
- Qichishish va milk achishi.
- Tishlarning chayqalishi: Tosh tish chuqurchasi kengayadi.
- Parodontit: Tish atrofidagi to‘qimalarning yallig‘lanishi.
- Qoramtir dog‘lar: Odatda milk asosida.
- Kariyes: Toshdagi bakteriyalar emalni zararlaydi.
- Milk atrofiyasi: Milk so‘rilib ketadi va tishni yomon ushlab turadi.

Profilaktik chora-tadbirlar

Tish toshi hosil bo‘lishini sekinlashtirish uchun stomatologlar quyidagilarni tavsiya qiladilar:

- Tishlarni kuniga ikki marta (nonushtadan keyin va uxlashdan oldin) tozalash.
- Tish cho‘tkalarini har 2-3 oyda almashtiring, o‘rtacha qattqlikdagi cho‘tkalarni afzal ko‘ring.
- Sifatli tish pastalaridan foydalanish.
- Tishlar orasidagi bo‘shliqlarni tozalash uchun har kuni tish ipidan foydalanish.
- Ovqatdan keyin shakarsiz saqichni chaynash.
- Chekishdan voz kechish.
- Qattiq mahsulotlar, ho‘l sabzavot va mevalarni ko‘proq iste’mol qilish.
- Shirin va gazlangan ichimliklar iste’molini kamaytirish.
- Stomatologga har yili tashrif buyurish va kariyes va og‘iz bo‘shlig‘ining boshqa kasalliklarini o‘z vaqtida davolash

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