**Kozub S. N.**

***PhD in Medical Science, as. Professor of***

***Medical and bioorganic chemistry department***

**Petyunina V. E.**

***Student of the 2 course,1 group of dental faculty***

**Kuzin A.E.**

***Student of the 2 course,9-k group of dental faculty***

Kharkiv national medical university

Kharkiv, Ukraine

**THE STUDY OF THE pH** **VALUE OF BEVERAGES WITH THE PURPOSE OF EXPANSION OF SANITARY EDUCATION POSSIBILITIES IN THE DIRECTION OF PREVENTION OF DENTAL DISEASES AMONG STUDENTS**

 **Introduction** In the modern prevention of dental diseases, much attention is paid to the study of various aspects of the patient's lifestyle, as potential factors that can influence the development and flow of pathology [1, p.329]. Lifestyle is a set of behavioral habits that are developed by people according to their biological, social and emotional needs. The lifestyle includes behavior, preferences, tastes and is formed on the basis of motivation. Motivation is based on knowledge of a particular process or phenomenon. Dental education provides the population with this knowledge for the formation of motivation, behavior and habits of a healthy lifestyle. There are a lot of different forms of health education. Currently there is a possibility of using gadgets, YouTube, and Internet [2, p.80]. However, the problem of influencing the patient's habits and their elimination is still present. The spread of information about the reasons of the development of major dental diseases in society, search of new solutions to enable its submission is an urgent task.

**The aim of the study.** To estimate the peculiarities of students' food habits, the value of the hydrogen index of drinks, consumed by them during the school day, with a purpose to improve health education opportunities.

**Methods**: The study was conducted in winter period. The spectrum, frequency and quantity of drinks consumed by students during the school day were studied by the method of questioning buyers from automatic machines, installed in the buildings of higher educational institutions of Kharkov. The pH valueof beverages was determined by a device pH-meter (pH-150M) [3, p.64]. Certificate of verification is the Nº 80375/10 of 15.06.16. The electrodes were immersed in a freshly prepared portion of a beverage or immediately after unsealing cans or bottles.

**Results**: The 370 questionnaires have been studied. The analysis found, that students prefer to drink coffee and non-carbonated water in the morning, later - sweet and carbonated drinks. Coffee often replaces breakfast. Drinks are bought either in exchange for a snack, or after a meal to "drink." In general, sweet water is preferred. Respondents drink about 2 cups of coffee, 1 bottle, 0.5 liters of water, 3 bottles of 0.5 liters of sweet soda, 1-2 bottles, 0.5 liters of soda water, or 1 package, 0.2 liters of juice. Also, during the study, the following values of the pH of drinks were obtained. Grape juice - рН 2,77 -2,83; Orange juice - 2,75-3,82; Tomato juice - 4.01; Strawberry-banana juice -2.62; Cola - 2.38; Fanta -2.82; Sprite 3,24, Pepsi -2,38

**Conclusion**. The pH values of the beverages, determined during the experiment, indicate their pronounced cariogenic potential, as well, as a high ability to stimulate the development of some non-carious lesions of hard tooth tissues. Such information should be available to the consumer as much as possible, and in general, can be to some extent a deterrent, when buying and using. Medical workers should take this finding into account when planning and conducting treatment and prevention activities.

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