



brushing some patients had less effective results compare with time when manual toothbrush was used.

Conclusions. The deterioration of the hygiene index when changing the brush is apparently due to the incorrect use of the sonic brush. Many children were unable to realign their skills or did not know how to handle an unusual object The formation of a new habit takes an average of 21 days This period is very important to formation of correct practical skills under the supervision of plague index. In order not to fix incorrect actions when brushing teeth with a new hygiene item, an explanation of the dentist is required.

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**ASSESSMENT OF RISK FACTORS OF DENTAL DISEASES AMONG
YOUNG PEOPLE UNDERGOING THE ADAPTIVE QUARANTINE**

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Considering the COVID-19 may easily infect an individual through contact with secretions or aerosols, the risk of cross-infection between patients and dentists is high enough. At this time mostly dental offices are still be to stay open with following all recommendations of Ministry of Health of Ukraine. However a lot of patients prefer to stay at home because they are afraid to get the COVID-19. Therefore, the topic of our study was to assess the risk factors of dental diseases among young people undergoing the adaptive quarantine.

We did a survey on the Google forms platform of young people. The survey received responses from 105 students of the Kharkiv National Medical University at the age of 18-22. A survey found that 91.7% of respondents considered that health status of their gums and teeth is well. The most common problems are difficult biting and chewing, speech disorder, xerostomia. 8.3% of people afraid to smile and laugh because of unsatisfactory dental aesthetics. 68.8% of students visited the dentist 1-2



times for the last year, 16.8% of students had 3 and more times visits, 14.6% of respondents didn't visit the dentist. The most common reasons for visiting the dentist became check-up and professional hygiene. However, 39.6% of students had problems with their gums and teeth. On the question "How many times a day do you brush your teeth?" mostly answered "2 times a day". But 35.5% of respondents brush their teeth irregularly. 52.1% of students use a toothbrush with toothpaste and dental floss. Some students use a tooth powder, toothpicks, irrigator and oral rinse. A lot of students (53.6%) often suffer from bleeding gums while brushing teeth. We also analyzed the diet of students. It was found that 95.8% of students eat high-carbohydrate food every day or often. Due to this, they usually complained of increased sensitivity and toothache. Bad habits such as smoking and alcohol also affect the health of the oral cavity. 22.9% and 60.5% of students smoking and drink alcohol regularly respectively. In addition, the presence of general somatic pathology affects the health status of the oral cavity. 12.5% of students suffer from gastrointestinal and endocrine diseases.

According to the results of our survey, we found the most important risk factors – malnutrition (95.8%), alcohol (60.5%), poor hygiene (35.5%), smoking (22.9%) and general somatic pathology (12.5%). Thus our recommendation for students undergoing adaptive quarantine will include proper hygiene, diet and regular visits to dental office.

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POSSIBILITIES OF CLEAR ALIGNERS USING IN COMPLEX THERAPY OF GENERALIZED PERIODONTITIS

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Introduction: The treatment of patients with generalized periodontitis should be complex and individualized and orthodontic treatment helps to eliminate all probable etiological factors and periodontal tissue irritants. Today, the arsenal has non-