



were missing less than 3 teeth and 25 (78%) with dentition defects over 3 units. In addition, 15 patients (47%) were diagnosed with related pathologies of parodont. The average PMA index was 36% (average gravity) and GI was 1.7 (medium gingivitis). 12 patients (38%) had II-III degree of tooth-mobility. The analysis of the questionnaires revealed a low level of satisfaction with the quality of life – 44 points. After treatment, most of the patients didn't complain, there was an improvement in the condition of the periodont, in the PMA index to 19% and GI index to 0.9. the analysis of OHIP-14 questionnaires showed a significant improvement in the quality of life of patients after treatment – 17 points.

Conclusions: dental prosthesis is an effective way of treatment tooth defects, after which patients can lead a full life without problems of aesthetics, diction and eating. The use of questionnaires helps doctors to evaluate and optimize treatment methods and improve patients` quality of life.

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## **ABILITY OF CINNAMON TO MASK THE BAD BREATH DUE TO SPICY FOOD CONSUMPTION**

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Introduction. A person's success in modern society depends largely on how he is perceived by those around him. Speech, manner of communication, smile, and of course the smell that comes from the interlocutor makes him attractive or vice versa. The active social interactions, intensive rhythm of life dictates certain changes in behavior style. You often have to snack on the go, sometimes not assuming that, the sandwich ordered at the cafe is lavishly flavored with spices.

This causes the bad breath. Specific breath after eating onions and garlic is due to the presence of sulfur compounds in them. To solve the problem, a person tries to mask the smell of spices in various ways. This can be rinsing with water or mouthwash, using sprays, chewing gum and other oral care products that have a deodorizing effect. There are a large number of such products on the market at the current time. But they are not



always available outside the home. In addition, there are restrictions on the use of some. Like chewing gum, which is not recommended in the case of orthodontic treatment with non-removable constructions.

**The aim.** To evaluate the ability of cinnamon to mask the bad breath due to spicy food consumption.

**Materials and methods.** Fifty people took part in the study. The persons without clinical manifestations of periodontal disease and with a sanitized oral cavity and the initial value of the organoleptic test from 0 to 2, participated in the study. With the purpose of research the participants were asked to check their breath using the 0-5 organoleptic scale by Rosenberg (modified by Greenman) ): 0 = no odour; 1 = barely noticeable odour; 2 = slight odour; 3 = moderate odour; 4 = strong odour; 5 = very strong odour (saturation) by licking and sniffing his/her own wrist. Firstly, after 3 hours after morning tooth brushing, next time - a ten minutes after spicy food consumption, and finally - a ten minutes after sucking and chewing a piece of cinnamon stick.

**Result.** The following result were: (points on the organoleptic scale - percentage of cases)

- 1) First test: “3” - 62%, “4” - 35%, “5” - 3% of participants;
- 2) Second test: “3” - 2%, “4” - 74%, “5” - 24% of participants;
- 3) Third test: “2” - 11%, “3” - 71%, “4” - 18% of participants.

As a result of the third test, (after using the cinnamon stick) 82 % of study participants rated their breath as a “2” or “3” on an organoleptic scale.

**Conclusion.** It is undoubtedly that herbs with medicinal properties are useful and effective source for treatment of dental pathology. the cinnamon represented the good ability to mask the bad breath due to spicy food consumption Take into account its antiseptic, antifungal, antibacterial and other therapeutic effect in dentistry, can be recommended as alternative to well-known hygienic products.