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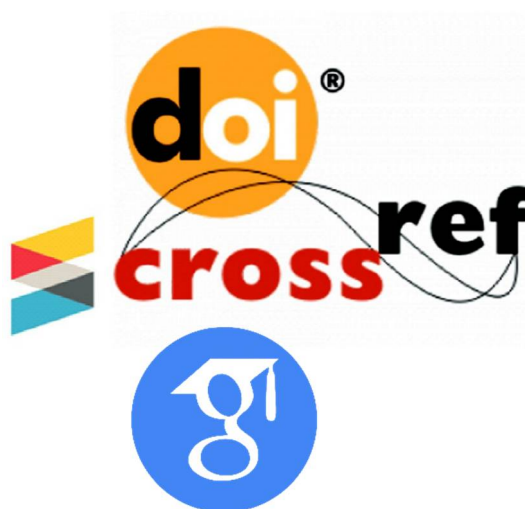
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ASSESSMENT OF THE DENTAL STATUS OF ATHLETES INVOLVED IN CONTACT SPORTS

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ANNOTATION

Dental diseases that occur among athletes require close attention due to emerging problems associated with dentoalveolar pathology, which occurs in most cases among athletes whose activities are associated with trauma to the teeth, gums, dentoalveolar joint, as well as soft tissues of the oral cavity.

This article presents the results of a medical and social survey conducted among athletes on the basis of filling out a questionnaire. The survey showed that more than 40% of athletes have knowledge about the possible occurrence of pathological processes of the dental profile during sports training in various sports. The study of the dental profile according to the main evaluation indicators revealed the fact that among athletes involved in various sports, it is necessary to carry out preventive measures for functional disorders and possible pathological changes in the dental system.

Currently, for this purpose, sports dental splints are used, which ensure the retention of the lower jaw in the position necessary to prevent its injury, with increased pressure arising during training. It should be noted that there are inconveniences, as well as a communicative psychological barrier when using prophylactic splints, this is due to the fact that athletes disrupt the normal closing of the jaws, causing disturbances in diction and cosmetic distortion of the face due to hypertonicity of the masticatory muscles.

Keywords: dentistry, athletes, sports dentistry, prevention of dental diseases, dentoalveolar system, dentition trauma.

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KONTAK SPORT BILAN SHUG'ULANUVCHI SPORTCHILARNING STOMATOLOGIK HOLATINI BAHOLASH

ANNOTATSIYA

Sportchilar orasida yuzaga keladigan stomatologik kasalliklar dentoalveolyar patologiya bilan bog'liq paydo bo'lgan muammolar tufayli diqqatni jalb qilishni talab qiladi, bu ko'p hollarda tishlar faoliyati, milklar, dentoalveolyar bo'g'inlar, shuningdek og'iz bo'shlig'ining yumshoq to'qimalari shikastlanishi bilan bog'liq bo'lgan sportchilarda uchraydi.

Ushbu maqolada anketa to'ldirish asosida sportchilar o'rtasida o'tkazilgan tibbiy-ijtimoiy so'rov natijalari keltirilgan. So'rov shuni ko'rsatdiki, sportchilarning 40% dan ortig'i turli sport turlari bo'yicha sport mashg'ulotlari paytida tish profilidagi patologik jarayonlarning yuzaga kelishi mumkinligi haqida ma'lumot berdi. Tish profilini asosiy baholash ko'rsatkichlari bo'yicha o'rganish turli sport turlari bilan shug'ullanadigan sportchilar orasida tish tizimidagi funktsional buzilishlar va yuzaga kelishi mumkin bo'lgan patologik o'zgarishlar uchun profilaktika choralarini o'tkazish zarurligini aniqladi.

Hozirgi vaqtda bu maqsadda pastki jag'ning shikastlanishini oldini olish uchun zarur bo'lgan holatda ushlab turishni ta'minlaydigan sport stomatologiyasi qo'llaniladi, bu esa mashg'ulot paytida paydo bo'ladigan bosimni oshiradi. Shuni ta'kidlash kerakki, profilaktik ignalarni qo'llashda noqulayliklar, shuningdek, kommunikativ psixologik to'siq mavjud bo'lib, bu sportchilarning jag'larning normal yopilishini buzadi, diktsiyaning buzilishi va yuzning kosmetik buzilishiga olib kelishi bilan bog'liq.

Kalit so'zlar: stomatologiya, sportchilar, sport stomatologiyasi, stomatologik kasalliklarning oldini olish, dentoalveolyar tizim, tish jarohati.

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ОЦЕНКА СТОМАТОЛОГИЧЕСКОГО СОСТОЯНИЯ СПОРТСМЕНОВ, ЗАНИМАЮЩИХСЯ КОНТАКТНЫМИ СПОРТАМИ

АННОТАЦИЯ

Стоматологические заболевания, возникающие у спортсменов, требуют пристального внимания в связи с возникающими проблемами, связанными с зубочелюстной патологией, которая возникает в большинстве случаев у спортсменов, деятельность которых связана с травмами зубов, десен, зубочелюстного сустава, а также мягких тканей полости рта.

В данной статье представлены результаты медико-социального опроса, проведенного среди спортсменов на основе заполнения анкеты. Опрос показал, что более 40% спортсменов обладают знаниями о возможном возникновении патологических процессов стоматологического профиля при спортивной подготовке в различных видах спорта. Изучение стоматологического профиля по основным оценочным показателям выявило, что у спортсменов, занимающихся различными видами спорта, необходимо проводить профилактику функциональных нарушений и возможных патологических изменений в зубочелюстной системе.

В настоящее время для этой цели применяют спортивные зубные шины, обеспечивающие удержание нижней челюсти в положении, необходимом для предотвращения ее травмы, при повышенном давлении, возникающем во время тренировки. Следует отметить неудобства, а также коммуникативный психологический барьер при использовании профилактических шин, это связано с тем, что спортсмены нарушают нормальное смыкание

челюстей, вызывая нарушения дикции и косметические искажения лица из-за гипертонуса жевательных мышц.

Ключевые слова: стоматология, спортсмены, спортивная стоматология, профилактика стоматологических заболеваний, зубочелюстная система, травма зубных рядов.

Uzbekistan is a progressive country where much attention is paid to sports and physical culture. Sport is one of the socially active areas, the attitude towards which in recent years has changed significantly in the direction of progress, as the number of people actively involved in physical culture, compliance with the basic postulates of a healthy lifestyle, as well as attracting the younger generation to sports is increasing.

For this purpose, decrees and a number of resolutions of the President of the Republic of Uzbekistan were adopted, one of which was the decree dated January 24, 2020 "On measures to further improve and popularize physical culture and sports in the Republic of Uzbekistan". The main directions highlighted in this decree were the stages of reforming the system of physical culture and sports:

- □ increase in the number of people involved in physical culture and sports, youth;
- □ Gradual improvement of the quality of coaches and specialists in state sports educational institutions;
- □ development and implementation of effective and transparent systems for the selection of talented athletes among young people;
- □ identifying talented athletes and creating a reserve for youth national teams, as well as attracting students to regular sports;

Thanks to the efforts made by the state, various sports are actively developing in our country, the most popular of which are: athletics, boxing, football, gymnastics, tennis, wrestling, kurash, cycling [1, 6]. The implemented preventive measures should be comprehensive, with an individual approach to each athlete. The passage of dental control is included in the programs for conducting in-depth medical examinations (IMO), because early detection of possible pathological processes or injuries contributes to their prevention and timely treatment, and return to training sessions. The absence of preventive measures entails the need for subsequent long-term rehabilitation, as well as his disqualification in competitions, due to the athlete's insufficient preparedness in connection with medical measures.

One of the most popular sports in Uzbekistan is boxing, which, accordingly, is reflected in the number of awards won at international championships and the Olympic Games with the participation of our athletes. All this determines the need to maintain the health of an athlete with the solution of methods for preventing possible injuries and injuries, one of the main and most common in boxing and other contact sports.

Damage to the dentition in sports is mainly due to the force of impact experienced by the athlete, both during the training process and during competitions.

When providing dental care to athletes, it is necessary to pay attention to the integrity of the dentition and dentition, oral mucosa. Currently, for the prevention of traumatic damage to the dentoalveolar system and its functional impairment, special splints are used, the main role of which is to reduce the pressure of the muscular apparatus on the dentoalveolar joint, i.e. ensuring its fixation [2,4,5].

Material and methods

An analysis was made to study the dental status among athletes involved in contact sports (boxing, wrestling), as well as power non-contact sports among 64 male athletes aged 16-34 years (mean age 24.3 ± 2.12 years). Athletes were in different weight categories, as well as with different levels of training in a particular sport. When examined by a dentist, athletes have an orthodontic deep or straight bite. Duration of sports experience averaged 8.1 ± 1.84 years.

To assess the traumatization of the maxillofacial apparatus at the first stage, using a questionnaire, a survey of athletes was conducted, which made it possible to identify the number of injuries received during the period of playing sports, as well as the use of special splints for preventive purposes.

At the next stage, the dental status of athletes was determined with a study of the prevalence of major dental diseases (caries, inflammatory periodontal diseases, lesions of the oral mucosa.

Also defined index KPU, the state of periodontal tissues, studied using a comprehensive periodontal index (CPI).

Results The questionnaire survey conducted showed that 45.7% of boxers and 33.2% of athletes noted the absence of a relationship between playing sports and the presence of changes in dental status, while more than 30% did not answer this question; more than 86.7% of athletes denied the impact of sport on the occurrence of discomfort in the area of the dentoalveolar apparatus, as well as the oral cavity at the time of the training process, and 13.3% of athletes, mainly boxers, noted the presence of pain, discomfort in the joint area, muscle pain and increased tone; the presence of traumatic injuries among athletes involved in non-contact sports was detected in 12.7% of cases, but among boxers - more than 65.3%; anamnestic data on the proportion of traumatic injuries, mainly for boxers, showed the presence of a root fracture of a tooth, damage to the lips and tongue - 77.5%, violation of the integrity and loss of fillings - 22.5%, while injuries of the temporomandibular joint and increased abrasion were noted teeth, which accounted for 58.4% and 41.5%, respectively; 65.4% were aware of possible ways to prevent damage to the joints of the dentition, including teeth and oral cavity, while 34.6% did not have information about the possibility of using special sports splints.

68.2% of athletes denied the use of special tires during training, sometimes used - 11.7%, of which 6.6% used sports tires; 4.4% - use them constantly. According to the nature of complaints arising from the use of tires, more than half of the athletes (56.7%) noted the presence of the following inconveniences - impaired speech, facial aesthetics, salivation, and sometimes difficulty breathing. An analysis of the dental status of athletes showed that the average value of the KPU was 10.8 ± 4.32 ($p < 0.05$), which corresponds to a high caries lesion. The average value of the CPITN index was 2.7 ± 0.52 ($p < 0.05$), which indicates impaired oral hygiene processes.

The study of the dental status also showed the presence of a small number of lesions not associated with caries 2.7 ± 0.49 ($p < 0.05$) cases, tooth wear and defects - 58.4%. The studied indicators determine the presence of a satisfactory level of dental care provided to athletes. The conducted studies on the questionnaire with the assessment of the dental status of athletes indicate the need for increased attention to the provision of preventive care with the development of new ways to preserve the integrity of the teeth, as well as minimal damage to the dentoalveolar joint.

Conclusion

The results of the analysis showed the lack of awareness of athletes about possible serious disorders that may occur in the dentoalveolar system, which subsequently may lead to the need for long-term rehabilitation, and sometimes not admission to participation in the competitive process. In this regard, one of the necessary tasks of sports dentistry is the development of measures to prevent possible damage and trauma to the dentoalveolar region, especially among those involved in contact sports, in particular boxers, the use of modern means of protection against injuries will preserve the health of the athlete, as well as ensure their participation. in responsible competitions in the world rings.

Taking into account the dental status of athletes, which mainly includes damage by caries, as well as microtrauma of tooth enamel, it is necessary to control the development of adaptive mechanisms of the body, the violation of which causes the occurrence of overtraining syndrome, followed by an imbalance in the electrolyte composition and loss of essential trace elements - calcium, phosphorus, potassium, fluorine involved in the development of the pathology of the dentition [2,3].

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