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ИССЛЕДОВАНИЕ ЗУБНОЙ ПАСТЫ В ЧИСТКЕ ЗУБОВ

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STUDY OF TOOTHPASTE IN BRUSHING TEETH

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Аннотация. В статье рассмотрено использование зубной пасты в чистке зубов и ее воздействие на ткани зуба.

Annotation. The article deals with using foreign toothpaste in brushing teeth and its impact on the tooth tissue.

Ключевые слова: зубная паста, чистка зубов, стоматологические болезни.

Key words: toothpaste, tooth brushing, dental diseases.

Introduction

Brushing your teeth is the main thing in prevention dental diseases. In the book «Therapeutic dentistry» by G. M. Barrera, we find information that periodontal diseases, for example, periodontitis, gingivitis in various forms are most often caused by bacterial infections. Plaque is formed by sticky tape from a variety of bacteria after 72 hours turns into tartar, which can only be disposed of in a dental clinic with the help of professional oral hygiene.

The most effective method is to stop the formation of tartar is to cleaning your teeth with a toothbrush and a toothpaste properly.

The toothbrush is responsible for the physical cleaning of the teeth and surrounding tissues, the mechanical movements of the bristles clean the plaque. Using toothpaste in cleaning your teeth is obvious.

The aim of my study - is to research the role of toothpaste in brushing teeth, using the analysis of information from foreign scientific medical resources.

Materials and methods of research:

To achieve the aim and its verification, the following research methods are considered:

Theoretical method:

1. Analysis of the literature on the research problem;
2. Generalization;
3. Comparison and systematization of empirical and theoretical data.

Empirical method:

1. Study of various sources of information;
2. Analysis of the information received.

There are many opinions among dentists about the role of toothpaste in brushing teeth, as we found by reading opinions on this topic on foreign medical forums, such as «*the Medical Sciences Stack Exchange*» (*question and answer site*). The dentists have attitude about the role of a properly selected toothbrush in removing plaque from the surface of the tooth and surrounding tissues. However, in the dental community, there is often a debate about the role and benefits of toothpaste in effective tooth brushing.

We have studied different points of view to come to the optimal conclusion in our scientific article.

On the informative forums for patients "*Quora*", we studied the answer to the question "Do you need toothpaste to keep your teeth healthy?" (2015) by Walter Schmidt, dental clinic owner, chemist, formulator. He claims that the toothbrush does 90% of the cleaning of your teeth. Patient must be sure to get a good brush with soft, highly polished bristles. Using a good toothbrush, the toothpaste becomes less important in keeping your teeth health and usually serves as a lubricant. In his opinion, we can conclude - it is possible to maintain the health and hygiene of the oral cavity without toothpaste, but a well-chosen toothpaste will help to make brushing your teeth more effective.

From a truly practical standpoint, toothpaste is not necessary to clean teeth effectively. Using a soft-bristled brush and practicing proper brushing techniques is enough to remove the plaque from your teeth. Combined with regular flossing, limiting sugary food and drinks, and having routine dentist appointments, your teeth will stay clean and healthy.

Studying the role of toothpaste, we are trying to answer the question about the necessity of using toothpaste.

«Because there are many benefits to using toothpaste, other than simply cleaning your teeth» - this is the opinion of dentists *Altima Dental Clinic, members of the Canadian Dental Association (CDA)*.

An interesting source for studying our question is the article *Altima Dental clinic* (Introduction article for patient «The importance of toothpaste», 2019). This article confirms the opinion that brushing your teeth with a soft, properly selected toothbrush can be quite enough to prevent the formation of tartar, which is an ideal environment for the development of bacteria.

However, the author notes the benefits of toothpaste in brushing teeth, its positive effect on the condition of tooth enamel after exposure to fluoride-containing pastes, and the freshness of breath. Studying this article, we concluded that the role of toothpaste is therapy (properties that help other dental problems like tooth sensitivity), prevention (using fluoride can help prevent against cavities and keep tooth enamel strong by resisting early signs of tooth decay) and aesthetics (teeth whitening).

In the conclusion it is confirmed by additional information about fluoride-the main active component of toothpaste, which we studied in the article Altima Dental clinic. Using a fluoridated toothpaste is one of the most significant things for keeping teeth and oral cavity healthy. A topical fluoride helps hardens your teeth and promotes an overall health of oral cavity.

The Canadian Dental Association (CDA) supports the appropriate use of fluoride. More than 50 years of extensive research demonstrates that fluoride is safe and effective in preventing dental caries (i.e., tooth decay). In addition to fluoride, there are many other ingredients of toothpaste, they help in maintaining oral hygiene.

In addition to our conclusion about the role of toothpaste in brushing teeth, we would like to present the article we studied on the British information portal about oral health "Electric Teeth UK".

Gemma Wheeler, in her article "Toothpaste Ingredients: A – Z", notes the role of various toothpaste ingredients in brushing teeth and their positive impact on oral health.

For example, small particles in toothpastes affect as an exfoliant to target the biofilm (plaque) on teeth. They help to remove the bacteria and small amounts of food particles on teeth physically.

Conclusion

In the foreign literature the importance of toothpaste with fluoride is proved.

Flavoring, thickening agents, detergents, treatment additives, all this things make the role of paste in brushing your teeth quite important. It indicates that brushing your teeth without toothpaste can be used only in rare cases, because it will not be effective for removing plaque.

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ЖИЗНЬ, СМЕРТЬ, БЕССМЕРТИЕ ТРАНСФОРМАЦИЯ
ПОДХОДА, СОВРЕМЕННЫЙ ВЗГЛЯД**

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LIFE, DEATH, IMMORTALITY:
TRANSFORMATION OF APPROACH, MODERN LOOK**

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Аннотация. В статье рассматриваются различные взгляды на такие понятия, как жизнь, смерть, бессмертие, приводятся современные данные и возможности использования их в медицинской практике.

Annotation. The article are considered the different views on concepts such as life, death, immortality, there are provided the contemporary data and the possibility of their use in medical practice.

Ключевые слова: жизнь, смерть, бессмертие, посмертные явления, энергетическая форма материи.

Key words: life, death, immortality, post-mortem phenomena, energy form of matter.

Введение

Проблемы жизни и смерти, сущность бессмертия всегда волновали цивилизацию, так как неизбежно связаны с осознанием самих основ человеческого бытия, с целым комплексом не только сугубо медицинских, но и моральных, философских и нравственных понятий [1–2]. Основной канвой социально-нравственных позиций является проблема смысла жизни, ориентация человека на определенную систему ценностей, влияющую на его практическую