

The influence of food products on the development of periodontal diseases in young people (clinical-statistical investigation)

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The rational nutrition is a constituent part of healthy lifestyle. It plays an important role in prevention of the main dental diseases (dental caries, gingivitis, periodontitis and others). The influence of the rational nutrition lies in the teeth formation, resistant to unfavorable factors such as cariogenic action of simple carbohydrates, insufficient amount of necessary microelements and vitamins, etc. At present, there is no major opinion among scientists as to the influence of nutrition on the diseases of teeth and periodontum. Thus, some clinical physicians stick to the theory of dental diseases (periodontitis, in particular), that assigns a role to malnutrition and imbalances, though the previous studies failed to prove this point of view.

The actuality of this work is confirmed by the need to determine the influence of food products on the development of periodontal diseases in young people (20-22 years).

The ordinary inquiry of students does not demand essential human resources and substantial costs. The influence of food products in dietary regimen is studied, which gives the opportunity to develop the recommendations as to the volume and structure of nutrition. The orientation on young people make it possible to evaluate the influence of nutrition within the period when the acquired chronic diseases are not yet present. The questionnaire consisted of three parts. The first part included the inquiry as to the consumption of definite types of food products and drinks, as well as going in for sports and smoking. The second part contained questions and answers as to hygienic habits, i.e. oral hygiene (toothbrushing, types of toothpastes, etc.). The third part was named as "map of stomatological investigation" and oriented on the diagnosis of condition of teeth and periodontum.

The following data is observed: 45,5%-healthy periodontum; 31,8%-signs of bleeding; 22,7%-dental tartar.

As to the consumption of food products, the following situation is traced:

- 1) students with healthy periodontum consumed dairy products, on average, 9,66 times per week; fruit and vegetables-10,08 times weekly;
- 2) students with signs of gum bleeding consumed dairy products, on average, 5,54 times per week (a substantial decrease if compared with the first group); while consumption of fruit and vegetables -7,86 times weekly (is less than those consumed by healthy persons);
- 3) students with signs of dental calculus consumed dairy products, on average, 8,92 times per week, while consumption of fruit and vegetables-9,8 times weekly, that is comparable with healthy persons.

The obtained results of investigation make it possible to conclude that there is an influence of consumption of both dairy products and fruit and vegetables on the condition of periodontum.