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EVALUATION OF THE EFFECTIVENESS OF COMPLEX TREATMENT OF GENERALIZED PERIODONTITIS IN MEN OF MATURE AND ELDERLY AGE

Annotation. The prevalence of periodontal disease in elderly patients, according to the literature, reaches 100% [1, 2], and the severity of generalized diseases increases with age [3].

The risk factors for the development of periodontal disease in the elderly include poor individual oral hygiene, the presence of unsubstituted dentition defects, low patient motivation for treatment, multiple somatic pathology and the use of a significant amount of pharmacological drugs [4, 5].

In addition, a number of works show the gender characteristics of periodontal diseases. The severity of changes in periodontal tissues increases with age, with men aged 50-59 being the most vulnerable group [6; 7].

Taking into account the steady growth of elderly and senile patients, the high prevalence of periodontal diseases in them, the lack of a generally accepted program of preventive measures taking into account age-related involutive changes in the periodontal tissues and comorbidity of such patients, the development of complex methods and methods for the prevention of periodontal diseases is very relevant today.

The purpose of research - increase the effectiveness of treatment of generalized periodontitis in males mature and elderly through the development and application of basic therapy in treatment-and-prophylactic complex including adaptogens, antioxidants, minerals and vitamins.

Materials and research methods

Clinical studies involved 60 men (55-70 years old) with generalized periodontitis I-II, II degree, which were divided into 2 groups of 30 men each: the main group and the comparison group. In the comparison group, HP treatment was carried

out according to the treatment protocols (basic therapy), in the main group, in addition to basic therapy, a therapeutic and prophylactic complex was used (for 1 month, 2 times a year), which included the drugs "Bioaron-S", "Calcikor", vitamin mineral complex "Alphabet 50+". Quertulin gel with modified individual trays was used locally in the oral cavity.

To carry out individual oral hygiene at home, patients of both groups were prescribed Lacalut Aktiv Herbal toothpastes (for 1 month after the treatment) and Lacalut Fitoformula (for the rest of the observation period), as well as Lizodent dental elixir.

Clinical studies were carried out before treatment, after 1 and 3 months.

Oral hygiene was assessed using the Green-Vermillion, Silness-Loe and Stallard indices. To assess the state of the periodontal tissues, the PMA% index, the gingival bleeding index, the Russell periodontal index (PI) were used, and the depth of probing of the periodontal pockets (PC) was determined [8]. Periodontoprotective efficacy (PEP) of the treatment-and-prophylactic complex was calculated by the bleeding index.

Statistical processing of the results was carried out by biostatistical methods of analysis using the Shapiro-Wilks, Kolmogorov-Smirnov test with Lilliefors correction, Student's t-test. Checking the equality of sample variances was assessed using the Fisher and Leuven test.

Research results and their discussion. When determining the level of oral hygiene of the examined persons 1 month after treatment, it was found that the hygienic state of the oral cavity improved significantly in patients of both groups and corresponded to a good level. The amount of dental calculus decreased in the comparison group by 76.23%, in the main group - by 87.64%.

The Silness-Loe index in the comparison group decreased by 60.60%, Stallard - by 61.01%, in the main group - by 65.09% and 65.65%, respectively.

After 3 months, the amount of calculus increased. As for the Silness-Loe and Stallard hygiene indices, after 3 months they also increased, but the dynamics in the groups was different.

Before treatment, patients in both groups had a predominantly poor and unsatisfactory level of oral hygiene. After 1 month, in the comparison group, a good level of hygiene was recorded in 15 men (50%), satisfactory - in 14 men (46.7%),

unsatisfactory - in 1 man (3.3%). In the main group, the majority of patients were with a good level of hygiene (24 men, which was 80%). After 3 months, the studied indicators in the main group increased more than in the comparison group in relation to the previous study period, but remained significantly lower (by 39.34 - 85.16%) indicators in the comparison group ($p < 0.001$).

The periodontal protection efficacy of the treatment-and-prophylactic complex, calculated by the bleeding index, was 68.7% 1 month after treatment, and 43.6% after 3 months.

When determining the PI index and the depth of PC probing in the dynamics of the treatment of generalized periodontitis in the examined individuals, their decrease was found.

After 3 months, in the comparison group, the PI index and the PC sounding depth increase almost to the level of the initial data, and in the main group the indicators practically do not change and remain at the level of the previous study.

Thus, the results of studying the level of oral hygiene and index assessment of the state of periodontal tissues in men of mature and elderly age with HF in the nearest follow-up period after treatment indicate a high periodontal protection efficacy of the proposed therapeutic and prophylactic complex, including bioaron, calcicor, alphabet and quertulin-gel.

Conclusions. According to the results of the complex treatment of generalized periodontitis in men of mature and elderly age, it was found that the inclusion of the developed therapeutic and prophylactic complex in the basic therapy improves the hygienic state of the oral cavity (a decrease in hygiene indices by 13.3-44.3%, an increase in the number of patients with good hygiene). up to 80%), a decrease in the inflammatory process in the periodontal tissues (a decrease in the PMA index by 2.7 times, the bleeding index by 3.2 times, the Schiller-Pisarev test by 2.9 times, the PI index by 23.3% in relation to comparison group), which made it possible to obtain a periodontal protection efficacy of 68.7% 1 month after treatment.

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