

## EVALUATION, DIAGNOSIS, TREATMENT, AND PREVENTION OF DESMODONTOSIS

*Scientific supervisor: Asatullayev Rustamjon Baxtiyarovich*

*Student: Abdusattorov Javohir Jahongir o‘g‘li*

**Abstract:** *Desmodontosis, a degenerative condition affecting the periodontal ligament, can lead to tooth instability, pain, and eventual tooth loss. The disease is multifactorial, with contributing factors including occlusal trauma, systemic conditions, and microbial infections. Early diagnosis through clinical examination, radiographic imaging, and laboratory testing is crucial for effective management. Treatment approaches vary based on severity and etiology, encompassing occlusal correction, anti-inflammatory and antibiotic therapy, periodontal regeneration techniques, and lifestyle modifications. Preventive strategies such as routine dental checkups and proper oral hygiene play a significant role in mitigating disease progression. This review highlights the clinical aspects, diagnostic methods, treatment options, and preventive measures associated with desmodontosis to improve patient outcomes and promote periodontal health.*

**Keywords:** *Desmodontosis, periodontal ligament, occlusal trauma, periodontal regeneration, dental occlusion, oral health, periodontal disease, bone loss, gum recession, preventive dentistry.*

### 1. Clinical Examination

Gum health evaluation for signs of gingival recession, swelling, or bleeding. Sensitivity tests to detect pain responses to pressure and temperature changes.

### 2. Radiographic Diagnosis

Periapical X-rays - Show widening of the periodontal ligament space and possible bone loss. Panoramic X-ray (OPG) - Assesses overall bone condition. Cone-beam computed tomography (CBCT) - Provides detailed 3D imaging of bone and periodontal structures.

### 3. Occlusal Analysis

Bite force analysis - Identifies uneven pressure distribution.

T-scan digital occlusion test - Detects high-pressure areas in the bite.

### 4. Laboratory Tests (If Systemic Factors Are Suspected)

Blood tests for diabetes, osteoporosis markers, and vitamin deficiencies. Genetic testing in cases of suspected hereditary periodontal disease.

### 5. Treatment of Desmodontosis

Treatment depends on the underlying cause and severity of the condition. It typically involves mechanical correction, anti-inflammatory therapy, and regenerative procedures.

#### 1. Eliminating Traumatic Occlusion

Bite adjustment (occlusal equilibration) - Smoothing out high points on teeth. Night guards or splints - Protect teeth from bruxism damage. Orthodontic correction - Aligns teeth to evenly distribute biting forces.

#### 2. Anti-Inflammatory and Antibiotic Therapy

Nonsteroidal anti-inflammatory drugs (NSAIDs) - Reduce pain and swelling. Antibiotics (amoxicillin, metronidazole) - Treat bacterial infections if present. Antiseptic mouthwashes (chlorhexidine, hydrogen peroxide) - Reduce bacterial load.

#### 3. Periodontal Regeneration

Guided tissue regeneration (GTR) - Uses membranes to encourage new bone and ligament growth. Bone grafting - Replaces lost bone with synthetic or natural graft material. Growth factor therapy - Enhances healing and periodontal ligament regeneration.

#### 4. Dental Prosthetics and Restorations

Crowns and bridges - Strengthen weakened teeth. Implants - Replace lost teeth if periodontal damage is severe.

#### 5. Systemic Treatment and Lifestyle Modifications

Vitamin supplements (Vitamin C, D, calcium) - Strengthen periodontal tissues. Diabetes management - Controlling blood sugar to prevent periodontal damage. Healthy diet - Reducing sugar and processed food intake to lower inflammation.

#### 6. Prevention of Desmodontosis

Regular dental checkups (every 6 months).

Proper oral hygiene - Brushing twice daily and flossing. Using soft-bristled toothbrushes to prevent gum recession. Avoiding excessive force while chewing (cutting hard foods into smaller pieces). Managing stress to prevent bruxism-related damage.

#### Conclusion

Desmodontosis is a serious condition affecting the periodontal ligament, leading to tooth instability, pain, and potential tooth loss. Early diagnosis through clinical and radiographic evaluation, combined with proper treatment, can prevent severe complications. Regular dental visits, a healthy lifestyle, and proper oral hygiene play a crucial role in maintaining strong periodontal health and preventing desmodontosis.

By understanding the causes, symptoms, and available treatments, individuals can take proactive steps to preserve their teeth and maintain overall oral well-being.

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