

BÖLÜM 6

YAŞLANMANIN AĞIZ VE DİŞ SAĞLIĞI ÜZERİNE ETKİLERİ VE TEDAVİDE KULLANILAN RESTORATİF MATERYALLER

Gül BAYOĞLU ¹

GİRİŞ

Yaşlı nüfus hem ülkemizde hem de dünyada hızla artmaktadır. Bu değişime uygun politikalar geliştirmek için Dünya Sağlık Örgütü (DSÖ), 2017 yılında bireyleri üç yaş grubuna ayırmıştır: 18–65 yaş arası genç, 66–79 yaş arası orta yaş ve 80–99 yaş arası yaşlı bireyler. Nüfusun yaşlanması ve artan yaşam süresi bireylerin ağız sağlığını önemli ölçüde etkilemektedir. Yaşlanmaya bağlı sistemik sağlıktaki ve ağız sağlığındaki değişiklikler ileri yaş grubunda çeşitli klinik zorluklara yol açmaktadır. Bu grupta diş çürüğü insidansının yüksek olması ve ağızda tutulan diş sayısındaki artış, önemli bir halk sağlığı sorunu olarak öne çıkmaktadır (1). Çin’de 2015 yılında gerçekleştirilen araştırmaya göre 65–74 yaş aralığındaki bireylerde diş çürüğü prevalansı %98 olarak bildirilmiştir ve yaşlı bireylerde diş köklerinde çürük oluşturma riskinin koronal bölgedeki çürüklere göre daha fazla olduğu gözlemlenmiştir. Aynı çalışmada kök çürüğü prevalansının %61,9 olduğu saptanmış ancak bu lezyonların yalnızca %3’ünün tedavi edildiği belirtilmiştir. Benzer şekilde Amerika Birleşik Devletleri’nde 65 yaş üzerindeki bireylerin yaklaşık %60’ının kök çürüğü problemi yaşadığı düşünülmektedir (2). Kök çürükleri de diğer çürük türlerinde olduğu gibi öncelikli olarak restoratif yöntemlerle tedavi edilmektedir fakat restorasyonlar genellikle sekonder çürük gelişimi ve restoratif materyallerde kırılma gibi komplikasyonlar nedeniyle başarısızlıkla sonuçlanabilmektedir (3). Tekrarlayan çürük görülme sıklığının yüksek olması yaşlı bireylerde daha fazla tedavi gereksinimi doğurmakta ve bu durum hem sağlık sistemi hem de toplum

¹ Uzm. Dt., Sivas Cumhuriyet Üniversitesi Diş Hekimliği Fakültesi Restoratif Diş Tedavisi AD., bayoglulugul@gmail.com, ORCID iD: 0009-0005-2328-6843

klinik çalışmalara ihtiyaç duyulmaktadır. Geriatrik diş hekimliği alanında, kişiye özel, biyolojik ve fonksiyonel ihtiyaçları göz önünde bulunduran materyal ve tekniklerin geliştirilmesi, yaşlı bireylerin yaşam kalitesini artırmada kritik öneme sahiptir.

KAYNAKLAR

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