

**Main text.** As a starting point for defining ECC prevention program, the condition of oral health of pregnant women, preschool children and other socially vulnerable population groups like (Roma) in Vojvodina, was analyzed. The analysis of the obtained results showed that bad habits, attitudes and behaviors that affect health are responsible for the occurrence of two thirds of oral diseases (oral hygiene, improper diet, absence of fluoride prophylaxis, etc.). Surveys show that more than 44% of children and youth in Vojvodina brush their teeth irregularly. Also, the nutrition of children and youth is improper. Every fifth child does not eat qualitative food the intake of milk and dairy products, fish, fresh fruits and vegetables is insufficient, while sweets, snacks and sweet soft drinks are very often on the children's menu. Regarding preventive dental examinations of the population in Vojvodina, the coverage of pregnant women and new-born children is relatively satisfactory (92%), while in infants (77%), young and preschool children (83%), primary school students (78%), as well as high schools (70%) and university students (50%) was less than required. The priority areas of preservation and improvement of oral health regarding special programs in the field of public health for the territory of A.P. Vojvodina include oral health behavior that need to be corrected. These activities served the decision makers to propose special health care programs on the territory of A.P. Vojvodina in accordance with legal regulations. So far, special programs in the field of public health have not been adopted in A.P. Vojvodina, even legal regulations for their adoption exist.

*Vakhovskiy V.V.*

## **COMPARATIVE CHARACTERISTICS OF MODERN METHODS FOR HOME TEETH WHITENING IN PATIENTS OF ONE AGE GROUP**

National Pirogov Memorial Medical University, Vinnytsya, Ukraine

**The aim** is to compare the effectiveness and safety of the system for home teeth whitening - whitening tooth strips Crest 3D White Whitestrips and whitening caps iWhite Instant2 Whitening Kit.

**Materials and methods.** The study involved 32 patients of one age group (25-29 years), men and women. Previously, they did not perform teeth whitening procedures, but wanted to do so for the first time. In order to assess the possibility of prescribing products for home teeth whitening, an examination was performed, an assessment of the state of oral hygiene, the identification of possible contraindications to the procedure. All patients were divided into two groups - the main (16) and control group (16). Having determined the index of oral hygiene according to Fedorov-Volodkina, the following data were obtained: patients of the first group -  $1.27 \pm 0.045$ ; patients of the second group -  $1.30 \pm 0.05$ . After that, professional oral hygiene was performed by a combined method, using an ultrasonic scaler and an Air-flow system. The next step was to determine the color on the Vita scale (Zahnfabric, Germany). Patients in the main group were prescribed whitening strips Crest 3D White Whitestrips for 15 days for 10 minutes, morning and dinner after brushing. Patients in the control group were prescribed iWhite Instant2 Whitening Kit once a day for 15 minutes for 10 days.

**Results.** During the procedure of home teeth whitening, almost all patients noted an increase in tooth sensitivity. 10 patients in the control group (62.5%) complained of minor discomfort in the gums. However, none of the patients stopped the procedure. Evaluation of bleaching results was performed using the Vita scale (Zahnfabric, Germany). Prior to the procedure, the average teeth color did not differ  $8.1 \pm 0.92$  - for the main group and  $8.3 \pm 1.05$  - for the control group ( $p > 0.05$ ). After the procedure, the color of the teeth became lighter in all patients. In the first group, in 10 patients, the color became lighter by 2 tones, in 3 by 1 tone, and in 3 patients by 3 tones. In patients of the second group in 3 patients the teeth became lighter by 5 tones, in 4 by 4 tones, in 7 by 3 tones, and in 2 patients by 2 tones.

**Conclusions.** Based on the study, it can be concluded that home teeth whitening is effective and safe, as well as easy to use and relatively cheap. Patients have side effects, but they are easily eliminated or disappear without additional methods of exposure. Based on the results of the study, it was determined that the use of whitening caps iWhite Instant2 Whitening Kit is a more effective method for home teeth whitening than whitening strips Crest 3D White Whitestrips with a reliability of 95%.