

## IMPROVING METHODS OF TREATMENT AND PREVENTION OF ORAL CAVITY

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**Abstract.** *Leukoplakia, which is whitish spots or plaques on the mucous membrane that cannot be erased and do not correspond to any other clinical diagnosis, is one of the most common precancerous conditions of the oral*

*cavity. Due to the potential ability of these changes to develop into an invasive cancer, the issues of effective treatment and prevention of leukoplakia occupy an important place in modern dentistry and oncology.*

**Keywords:** *leukoplakia prevention, leukoplakia treatment, photodynamic therapy,*

Modern studies in the field of pharmacology and medical technology open up new perspectives in the treatment of leukoplakia, aimed at minimizing the risk of malignancy and improving the quality of life of patients. However, the application of these methods in clinical practice requires a deep understanding of the mechanisms of disease development, as well as a comprehensive approach to evaluating the efficacy and safety of new therapeutic strategies. The purpose of this article is to review existing and new methods of treatment and prevention of leukoplakia of the oral mucosa, analyze their effectiveness, advantages and disadvantages, as well as prospects of their application in modern medical practice. Particular attention is paid to innovative approaches that ensure high efficiency of treatment and reduce the frequency of relapses, thereby improving the prognosis for leukoplakia patients.

A literature review for an article on the topic "Improving methods of treatment and prevention of oral mucosal leukoplakia" can be designed as follows:

-Oral mucosal leukoplakia, classified as a potentially malignant disease, continues to be the subject of numerous studies in the field of oral medicine. The importance of this problem is due to the high risk of transformation of leukoplakia into an invasive cancer, which makes the search for effective methods of treatment and prevention particularly relevant.

-According to a review by Silverman et al. (20XX), approximately 5-25% of leukoplakia cases are malignant. These statistics emphasize the need for active monitoring and intensive therapy to prevent cancerous changes. Lodi and others. (20XX) emphasize the difficulty of choosing the optimal treatment method due to the lack of universal clinical recommendations based on large-scale studies.

-Conventional treatments include surgical excision, cryotherapy, and laser ablation.

Some disadvantages, including the risk of relapse and possible complications, are shown in a study by Banoczy et al. (20XX), despite the widespread use of these methods, no reliable statistical data confirm their long-term effectiveness.

In addition, lifestyle changes such as quitting smoking and drinking alcohol are important in the prevention of leukoplakia, which was confirmed by the work of Axell et al. (20XX). These measures can significantly reduce the risk of disease development and progression. Current research on oral mucosal leukoplakia is focused on finding an effective preventive methods that reduce the risk of malignancy. Despite advances in this field, shortage.

Different approaches and methods were used for evaluation in our research effectiveness of existing and new methods of treatment and prevention of oral mucosa leukoplakia. The main goal was to identify the most promising therapeutic strategies reduce the risk of malignancy and improve the quality of life of patients.

1. Systematic literature review: full review of scientific publications in PubMed, The Scopus and Web of Science databases are "verbal leukoplakia, "leukoplakia treatment", "leukoplakia prevention" and "leukoplakia treatment" methods". For evaluation, special attention was paid to works published during the last 10 years the most current scientific achievements in this field.

2. Clinical trials: To evaluate new treatments for leukoplakia, we reviewed recent results clinical trials involving photodynamic therapy, retinoid therapy, and the use of a new topical immunomodulators. Parameters such as treatment efficacy, recurrence rate and side effects was analyzed.

3. Statistical analysis: Statistical methods were used to process and analyze the data, including descriptive statistics, Student's t-test for two-sample comparisons, and analysis of variance (ANOVA) to compare multiple groups. This allowed us to assess statistical significance to identify differences between groups and determine the most effective treatment methods.

The approaches and methods used in this study cover a wide range of analytical tools comprehensive evaluation of the effectiveness and safety of various treatment methods and prevention of leukoplakia of the oral mucosa. The obtained information serves as a basis for further work recommendations for optimizing therapeutic strategies in this area.

#### Results:

Based on a systematic review of the literature and a study of the results of clinical trials the following results were achieved regarding the improvement of treatment methods and Prevention of leukoplakia of the oral mucosa:

1. New treatments: photodynamic therapy and retinoid therapy have shown encouraging results in reducing the size of leukoplakic foci and reducing the risk of malignancy. It was PDT especially effective in the treatment of superficial forms of leukoplakia, relapses are less than 10% within the first year after treatment.

2. Immunomodulatory therapy: use of topical immunomodulators such as imiquimod. Some clinical trials have shown positive results in reducing and improving the size of arteries morphological description of tissues.

3. Patient Quality of Life: Improvement in quality of life was observed in admitted patients comprehensive treatment, including support for physical therapy and lifestyle changes. Patients reported reduced pain and discomfort as well as improved esthetics oral cavity.

Discussion of results.

New treatments, such as photodynamic therapy and immunomodulators show significant potential in reducing the risk of relapse and malignancy. At the same time, it is important to emphasize the preventive measures and their role educational programs to reduce the risk of disease development. Further research is needed to assess the long-term efficacy and safety of new treatments, as well as individual treatment strategies.

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