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NON-CARIOUS CERVICAL LESIONS: RISK FACTORS AND TREATMENT OPTIONS

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Abstract

Anyone with a natural tooth can develop a non-cariou lesion, but many patients are unaware of its consequences until it reaches an advanced stage. The prevalence of non-cariou lesions increases with aging and mostly affects the male population. It is a physiological process that occurs during aging, although it can be considered pathological when the level of its destruction creates functional problems, aesthetics, or dental sensitivity. This research investigates the etiology, prevalence, and progression of non-cariou dental lesions in different populations.

The research was conducted in two dental practices in the cities of Shtip and Radovish. Fifteen men and fifteen women aged 25 to 60 were included in this study. For this research, we conducted an anonymous survey questionnaire. The questionnaire consisted of questions about the type of brush the patients use and the method of brushing, then about the food and the type of drinks they consume, which are a source of acids, and whether they have bruxism and acid reflux. Patients were also asked if their profession was associated as a risk factor with those changes. The gained data were processed by Statistica 7.1 for Windows and SPSS 23.

According to the data obtained from our patients, it can be seen that the main reason for the appearance of non-cariou lesions among the subjects was the consumption of food and drinks that are a source of acids. Aggressive brushing is an improper technique, and together with an improper diet, builds a basic etiological factor and makes a hole that leads to the appearance and progression of these lesions. While caries remains the most prevalent dental disease, non-cariou lesions contribute to a significant proportion of dental health problems, affecting both the appearance and functionality of teeth. Therefore, a comprehensive assessment of risk factors and lifestyle oral health behaviours is crucial for implementing tailored preventive strategies.

Lifestyle, work choices, oral hygiene practices, and systemic conditions influence the management and progression of these lesions. By solving these goals, the research seeks to improve the prevention of non-cariou dental lesions, improve clinical outcomes for affected individuals, and launch an initiative to promote better oral health.

Key words: *Functional anomalies, Non-cariou lesions, Consumption of dental substance.*