харчування. Створення сприятливих умов для поширення релевантної інформації про здорове і якісне харчування серед різних груп населення сприяє більш усвідомленому харчуванню. Залучення засобів масової інформації в роботі з населенням в області здорового та якісного харчування вимагає координації і контролю як з боку державних, так і з боку громадянських інститутів суспільства.

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THE STRUCTURE OF THE OCCLUSAL SURFACES OF THE UPPER MOLARS

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The chewing efficiency of the teeth, the trajectory of movements of the lower jaw, the ratio of the jaws of the central and lateral occlusion largely depend on the shape of the chewing surfaces of the molars. Their high-quality restoration will help during dental restorations to avoid mistakes associated with impaired occlusal interactions of the jaws, pathological abrasion and a decrease in the occlusal height.

The purpose of our work was to investigate, according to the data of domestic and foreign literature, the structural features of the chewing surfaces of the molars of the upper jaw. The molars of the upper jaw are large enough. They gradually decrease in size from the first to the third molar. On a rather large occlusal surface, they have 4-5 tubercles.

The upper first molars have a large rhomboid occlusal surface. The vestibulo-oral size of the chewing surface is more medial-distal. The fissures are located in different places at different levels, in other

places the shallow fissure is located on the elevation of the chewing surface. The fissures resemble an angled "H". Its lumbar line runs along the long diagonal of the rhombus. All fissures slope towards the middle of the occlusal surface. They divide the chewing surface of the first molar of the lower jaw into four tubercles: two vestibular and two oral. Among them are distinguished: buccal-medial – paracone, buccal-distal – metacone, lingual-medial – protoconus, lingual-distal – hypocone. An additional tubercle is often located on the palatal surface of the protoconus. The medial-oral tubercle is much larger than the distal one. The medial-vestibular tubercle is the largest, and the distal-oral tubercle is the smallest. The fissure separating them is located distal to the middle of the crown. The buccal-medial tubercle is higher and larger than the distal one.

The second molar of the upper jaw is smaller than the first. The medial-vestibular tubercle is the largest, and the distal-oral tubercle is the smallest. The shape of the crown, as well as the shape of the occlusal surface, is very diverse. There are four options for the shape of the crown: 1) the shape of the crown and occlusal surface is the same as that of the first molar; 2) the crown is elongated in the medial-distal direction, shortened in the vestibular-oral direction and looks like an elongated prism; 3) the crown is even more elongated in length, the chewing surface has three tubercles located in a straight line; 4) the crown, like the chewing surface, has a triangular shape. On the chewing surface there are three tubercles triangular in the shape: two of them are vestibular, one is oral. The most common crowns of the first and third options.

The third molar is the smallest of all maxillary molars. The shape of the tooth and its size vary greatly. They are most often found with two buccal and one lingual (palatal) tubercles. There are have four tubercles, less often with two tubercles. Those with one tubercle are called pin-like. As a result of our study, the structural features of the occlusal surfaces of the maxillary molars were determined.

Summary. The studied material will help to correctly reproduce the occlusal surfaces of the molars of the upper slit, to correctly select the methods of restoration of teeth in order to avoid mistakes leading to dysfunction of the maxillofacial system.

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