

CONTENT OF THE SUBJECT

Subject:	<i>Hygiene and Epidemiology</i>		
Study	<i>Dental Medicine</i>	Study Period:	<i>8. Summer time</i>
Evaluation:	<i>Exam</i>	Subject Type:	<i>Compulsory</i>
Content:	<i>1 h. lectures and 1 h. practical exercises / week</i>		<i>Total 28 hours</i>

Department: **Department of Public Health and Hygiene UPJŠ FM**

Week	Lectures https://portal.lf.upjs.sk/index-en.php	Seminars
1.	Importance of hygiene as the medical discipline. Hygiene and environment. Basic elements of the environment: water, air, soil, food chain, working environment. Influence of environmental factors on health in the contents of public health. Intervention and preventive measures -all diseases and problems (Old and New diseases categorisation, malaria, Ebola. HIV).	Occupational health. Minamata disease. Iodine deficiency. Smoking. Asbestos. Hypertension Nutrition – globally, energy and calories especially the reference numbers. Proteins. Lipids, Saccharides. Cholesterol. Minerals and vitamins. Nutritional deficits and oral cavity.
2.		
3.	Introduction to Hygiene of Food. Signs of nutritional deficiencies in the oral cavity. The importance of nutrition in dental practice. Food hygiene. Proteins, fats, carbohydrates, vitamins, minerals, trace elements. Recommended daily allowances. A healthy diet, alternative ways diet.	Nutrition – globally, energy and calories especially the reference numbers. Proteins. Lipids, Saccharides. Cholesterol. Minerals and vitamins. Nutritional deficits and oral cavity.
4.		
5.	Occupational health. Biomonitoring and health assessments. Occupational disease risks for healthcare workers, occupational history. Occupational risk in dental medicine. Oral health risk factors resulting from environmental and occupational settings. Chemical risk, heavy metal and oral cavity, biological factors and oral cavity, physical factors, mechanical, ergonomic factors.	Human health and environment. Emissions and imissions. Smog and categories. SO ₂ . NO ₂ , ozone and volatile compounds. Polycyclic aromatic hydrocarbons, PAH, CO, CO ₂ , lead, PM 10 particles. Freon's.
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