



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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IMPORTANCE OF HYDRATION FOR ORAL HEALTH AT TAPE KASU ,PEN .

Date:01/02/2025

Venue: Tape Kasu, Pen.

Faculty: Dr. Pankaj Londhe, Dr. Kashmira Kadam,

Organizing Agency: PHD Dept, MGMDCH, Rotary Club, NSS UNIT OF MGMDCH.

Number of Students attended:

Hydration is crucial for oral health because it helps maintain saliva production, which is essential for cleaning the mouth, neutralizing acids, and protecting teeth from decay. Drinking enough water also washes away food particles and bacteria, preventing plaque buildup and bad breath. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the children at Royal School, Dombivali with the intention of creating awareness about role of sugar in causing dental caries and providing oral health care to the patients.

Aim and objective:

1. To educate students about role of hydration in dental caries
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

Method:

1. Saliva

Water helps produce saliva, which is essential for neutralizing acids, remineralizing teeth, and washing away bacteria and food particles.

2. Oral pH Balance

Hydration helps maintain the pH balance in the mouth, preventing acid buildup and reducing the risk of tooth decay and erosion.

3. Gum Health

Adequate hydration helps keep gums healthy and resilient, reducing the risk of gum recession and periodontal disease.

4. Tooth Decay Prevention

Drinking water helps rinse away sugars and acids that can contribute to tooth decay.

5. Bad Breath Prevention

Hydration helps prevent bad breath (halitosis) by washing away bacteria and food particles that can cause odor.

6. Oral Tissue Health

Water helps keep oral tissues, including the tongue, cheeks, and lips, healthy and hydrated.

7. Reduced Risk of Dry Mouth

Hydration reduces the risk of dry mouth (xerostomia), which can increase the risk of oral health problems.

8. Improved Oral Function

Adequate hydration helps maintain proper oral function, including chewing, swallowing, and speaking.

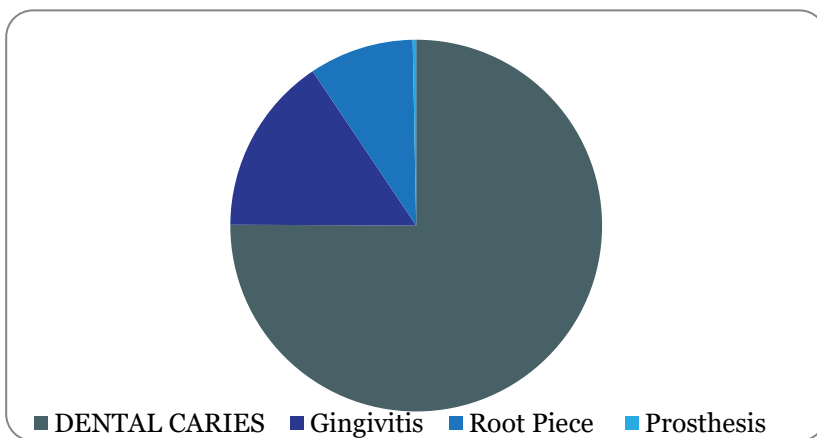
Patients were explained about how the sugar interacts with plaque bacteria in our mouth and how this interaction leads to the production of acid, which in turn causes tooth decay by dissolving tooth enamel. Plaque bacteria rely on sugar as an energy source, and when provided with ample amounts of sugar, they thrive and produce more acid. Reducing the consumption of sugary snacks and beverages is crucial in preventing dental caries. All this was explained using pictorial banner during the program.

After the awareness program, oral examination was conducted using tongue depressor for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were explained.

Observations:

1. It was observed that patients had a high history of consumption of sugar in their daily diet and were advised to control the frequency and amount of sugar intake by explaining the how it can cause various dental problems.
2. A total of patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Dental caries	19	34.1%
Gingivitis	21	38.1%
Root piece	10	18.1%
Prosthesis	05	09%



Interpretation and conclusion:

1. Seeing a high amount of intake of sugar in their diet, students were advised to reduce the consumption of sugary snacks and beverages, Limit snacking between meals and consider consuming sugary foods only at mealtimes.
2. Dental caries is the most common problem among the patients followed by gingivitis.
3. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients.



List of Attendees

Sr No	Name of staff
1.	Dr.Kashmira Kadam
2.	Dr.Pankaj Londhe

Sr No	Name of Interns
1.	Bharti jat
2.	Mihit Kankariya
3.	Tuba Penkar
4.	Rajni Kokate
5.	Avinash Ratnaparkhe