



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
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ORAL HEALTH AND DIABETES AWARENESS AT WAVANJE PHC

Date: 4th December 2024

Venue: Wavanje PHC

Faculty: Dr. Rafeeq Nalband

Organizing Agency: Department Of Public Health Dentistry, MGMDCH

Number of Students attended:4

Research has shown that there is a bidirectional relationship between oral health and diabetes. This means that:

(1) Diabetes increases the risk of oral health problems- People with diabetes are more prone to oral health issues such as gum disease, tooth decay, and dry mouth.

(2) Oral health problems can worsen diabetes- Conversely, oral health problems can make it harder to manage diabetes, leading to poor blood sugar control and increased risk of complications.

MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to patients at WAVANJE PHC with the intention of creating awareness about bidirectional relationship between oral health and diabetes.

Aim and objective:

1. To assess the oral health status of patients and to provide necessary Dental treatment.
2. To educate them and create awareness about the management of diabetes & good oral health.

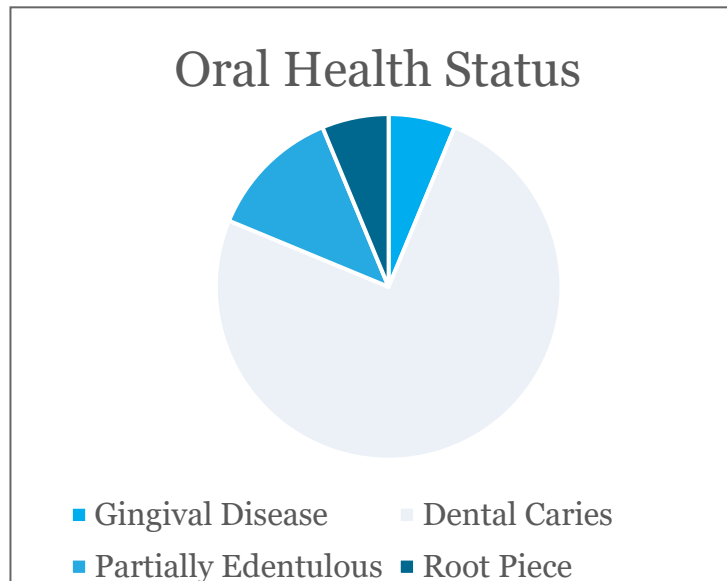
Method:

Research has shown that there is a bidirectional relationship between oral health and diabetes. This means that:(1)Diabetes increases the risk of oral health problems- People with diabetes are more prone to oral health issues such as gum disease, tooth decay, and dry mouth.(2)Oral health problems can worsen diabetes- Conversely, oral health problems can make it harder to manage diabetes, leading to poor blood sugar control and increased risk of complications. Patients were explained about the importance of brushing & flossing regularly to avoid accumulation of plaque, one should regularly visit a dentist to identify oral health problems early, control of blood sugar levels with the help of diet and medications, and stay hydrated to avoid dry mouth .A type II examination was carried out with the use of mouth mirror and probe in Wavanje PHC. 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 how nutrition can effect the dental health of a patient

Observations: A total of 16 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	12	75
Gingivitis	1	6.25
Root piece	1	6.25
Partially Edentulous	2	12.5



Interpretation and conclusion:

1. Dental caries and gingivitis are the most common problem among the patients which can be reduced by utilizing proper diet and nutrition and also the facilities available the PHC. A regular dental check-up can lead to decrease in the number of decayed teeth.
2. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Majority of the oral diseases are due to lack of proper health education of the patient and insufficient dietary intake.
3. Patient were explained about all the ill effects of chronic illness on oral cavity and how to manage the systemic disease along with oral health.



**INVESTIGATION BEING DONE BY THE TEAM
MEMBER**

List of Attendees

Name of Staff	
1.	Dr. Rafeeq Nalband
2.	Dr. Pankaj Londhe
Name of Interns& Students	
3.	Rajni Kokate
4.	Tuba Penkar
5.	Anvayi Gardi
6.	Samiksha More