



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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HOW TO CHOOSE RIGHT TOOTHBRUSH AND TOOTHPASTE AT ANDHERI CHITRAKOOT GROUND

Date: 19/01/2025

Venue: Andheri Chitrakoot Ground

Faculty: Dr. Mausami Malgaonkar , Dr. Pankaj Londhe

Organizing Agency: Department Of Public Health Dentistry, MGMDCH , NSS Unit of MGMDCH

Number of Students attended: 4

Choosing the right toothpaste and toothbrush is essential for maintaining good oral hygiene and preventing dental problems like cavities, gum disease, and bad breath. With a wide variety of options available, it is important to select products that suit individual dental needs, such as sensitivity, whitening, or gum protection. A good toothbrush should have soft bristles and a comfortable grip, while toothpaste should contain fluoride and other beneficial ingredients. Making the right choice ensures effective cleaning, promotes healthy teeth and gums, and contributes to overall oral health. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to peoples at Andheri Chitrakoot Ground with the intention of creating awareness about importance of use of right toothpaste and toothbrush..

Aim and objective:

1. To educate individuals on selecting the right toothpaste and toothbrush based on their specific oral health needs, ensuring effective cleaning, prevention of dental issues, and overall oral hygiene maintenance.
2. To help individuals choose toothpaste with essential ingredients like fluoride, based on their dental concerns (e.g., sensitivity, whitening, gum health).
3. To educate on the importance of toothbrush features such as soft bristles, proper size, and comfortable grip for effective cleaning.

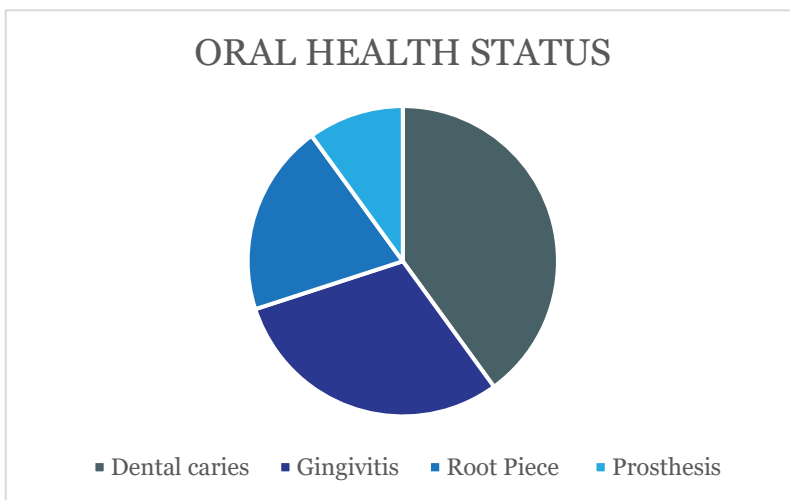
Method:

People were explained about the use of toothbrush and toothpaste. Apply a pea-sized amount of toothpaste on the toothbrush. Brush in gentle circular motions, covering all tooth surfaces. Brush for at least two minutes, twice daily. Rinse and store the toothbrush in an upright position to dry. Replace the toothbrush every 3–4 months or sooner if bristles fray. A type IV examination was carried out with the use of tongue depressor. 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 toothbrush and toothpaste affects teeth.

Observations: A total of 193 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	78	40
Gingivitis	58	30
Root piece	39	20
Prosthesis	19	10

**Interpretation and conclusion:**

1. Dental caries and gingivitis are the most common problem among the patients which can be reduced by utilizing right toothbrush and toothpaste.
2. Regular dental check-ups, proper brushing habits, and timely toothbrush replacement further contribute to effective oral care. Raising awareness about these choices encourages better dental hygiene practices and helps individuals achieve optimal oral health.
3. Selecting the appropriate toothpaste and toothbrush plays a crucial role in oral hygiene and overall well-being.



INVESTIGATION BEING DONE BY THE TEAM
MEMBER



GROUP OF TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr. Mausami Malgaonkar
2.	Dr. Pankaj lonndhe
Name of Interns& Students	
3.	Tuba penkar
4.	Rutuja salvi
5.	Anjali Daga
6.	Himanshu jadhav