



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
E-Mail ID: mgmdch@mgmmumbai.ac.in



ROLE OF SUGAR INTAKE IN DENTAL CARIES AT A SCHOOL IN BORIVALI

Date: 11/10/2024

Venue: Borivali

Faculty- Dr. Swati Singh, Dr. Agraja Patil

Organizing Agency: Department Of Public Health Dentistry of MGMDCH, NSS unit of MGMDCH, Rotary Club of Borivali

Number of Students attended: 07

Perhaps one of the most well-known effects of sugar is its impact on teeth. Sugar feeds bacteria in the mouth, leading to cavities and tooth decay, which can be painful. Sugary foods and drinks are high in calories but low in nutritional value. Excess sugar consumption can contribute to weight gain and increase the risk of childhood obesity, which in turn raises the risk of diabetes and heart disease later in life. MGM Dental College constantly takes efforts of extending the ill effects of sugar intake to the community. The ill effects of sugar intake initiative was also extended to students at Borivali with the intention of creating awareness about the importance of good oral hygiene.

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 insignificance of sugar intake.
3. To assess the relation between sugar and oral health.

Method:

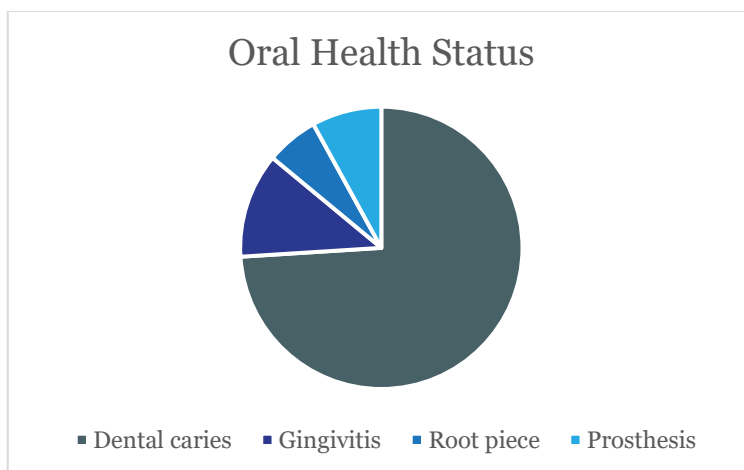
Students were explained about the ill effects of sugar intake. The impact of added sugar on children's health and development cannot be overstated. By understanding the risks associated with excessive sugar consumption and adopting healthy eating habits early on, we can safeguard our children's long-term health.

A type IV examination was carried out with the use of Tongue Depressor in day light. 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 sugar can affect the dental health of a patient.

Observations: A total of 427 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	334	74
Gingivitis	50	12
Root piece	25	6
Prosthesis	26	8



Interpretation and conclusion:

1. Dental caries is 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.



INVESTIGATION BEING DONE BY THE
TEAM MEMBER



TEAM MEMBERS PRESENT AT
THE CAMP

List of Attendees

Name of Staff	
1.	Dr. Swati Singh
2.	Dr. Agraja Patil
Name of Interns& Students	
3.	Nisha Lanjekar
4.	Mrunal Narayane
5.	Kaushika Dhotre
6.	Apurva Kini
7.	Samiksha Pawar
8.	Shrushti Ravate
9.	Soham Yoga