



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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THE ROLE OF NUTRITION IN MAINTAINING HEALTHY TEETH AND GUM **AT WAVANJE PHC**

Date: 22/01/2025

Venue: Wavanje PHC

Faculty: Dr. Swati Singh, Dr. Pankaj Londhe

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

Number of Students attended: 9

Good nutrition plays a vital role in maintaining healthy teeth and gums. A well-balanced diet rich in essential vitamins and minerals strengthens tooth enamel, supports gum health, and prevents oral diseases such as cavities and gum infections. Nutrients like calcium, vitamin D, phosphorus, and vitamin C contribute to strong teeth, while avoiding excessive sugar and acidic foods helps prevent decay. Proper nutrition, combined with good oral hygiene practices, ensures a healthier mouth and overall well-being. 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 role of nutrition in maintaining healthy teeth and gums.

Aim and objective:

1. To assess the oral health status of patients and to provide necessary Dental treatment.
2. To highlight the importance of proper nutrition in maintaining healthy teeth and gums, preventing oral diseases, and promoting overall dental well-being.
3. To encourage the consumption of nutrient-rich foods that strengthen teeth and gums.
4. To inform about the negative effects of sugary, acidic, and processed foods on dental health.

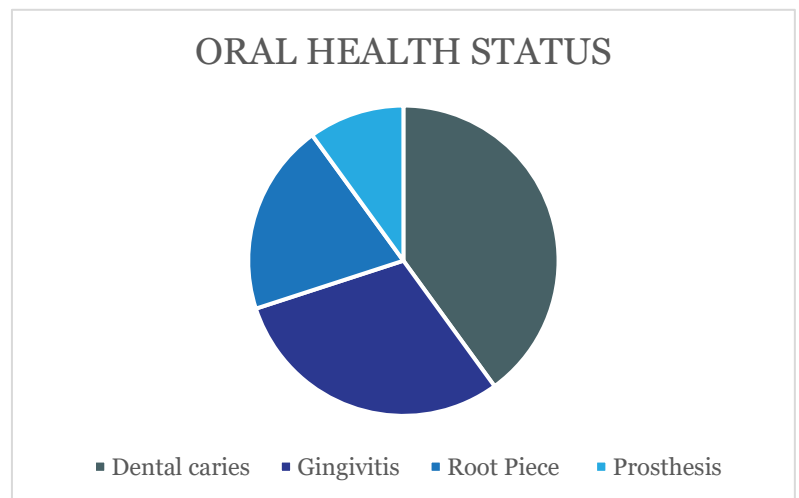
Method:

Proper nutrition, combined with good oral hygiene practices, ensures a healthier mouth and overall well-being. A type II examination was carried out with the use of mouth mirror and probe in mobile dental van. 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 28 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	11	40
Gingivitis	8	30
Root piece	6	20
Prosthesis	3	10

**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. Proper nutrition, combined with good oral hygiene, is key to long-term dental health.
3. Along with proper brushing, flossing, and regular dental check-ups, good nutrition enhances oral health and overall well-being. Raising awareness about the role of nutrition in dental care can help individuals make healthier dietary choices, leading to improved oral and general health.



INVESTIGATION BEING DONE BY THE TEAM MEMBER



GROUP OF TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr. Swati Singh
2.	Dr. Pankaj Londhe
Name of Interns& Students	
3.	Tuba penkar
4.	Rajni kokate
5.	Nirmita Gulabani
6.	Rajlakshmi Jadhav
7.	Ashma jain
8.	Gitanjali jayekar
9.	Judit Thomas koshy
10.	Gauri S.
11.	Gauri khaire