



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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AWARENESS ABOUT ILL EFFECTS OF EATING JUNK FOOD ON ORAL HEALTH

Date: 16 October 2024

Venue: Primary healthcare Centre, Wavanje

Faculty: Dr. Vaibhav Thakkar

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

Number of Students attended: 04

Junk Food is often high in sugar, fat, and artificial additives which can have significant negative effects on our oral health. Frequent consumption of sugary snacks, sodas and processed foods can lead to dental caries, periodontal disease and other oral health problems. Frequent consumption of sugar in sugary liquids in the baby bottle, carbohydrate-dense and sugary snack foods and beverages has been identified as the main cause of early childhood caries (ECC) in children under age six. MGM Dental College constantly takes efforts to extend oral health care to communities. Such an initiative was taken at Wavanje PHC with intention of creating awareness about ill effects of consumption of junk foods on oral health.

Aim and objective:

1. To assess the oral health status of patients and provide them necessary dental treatments.
2. To educate them and create awareness about ill effects of junk foods.
3. To raise awareness about importance of balanced nutrition in maintaining good oral hygiene

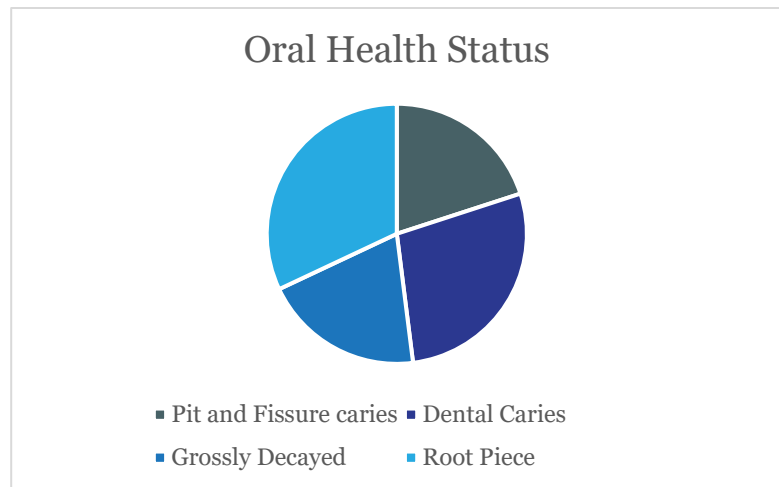
Method:

A routine dental checkup plays a significant role in maintaining good oral health. By conducting regular dental checkups, potential problems can be detected and treated at an early stage and this will play crucial role in improving our oral health. A type III examination was carried out with the using mouth mirrors and probes 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 preventive measures were explained. Tooth brushing technique was explained. Oral Prophylaxis, fluoride applications

and restorations were done. Patients were informed about negative effects of eating junk food and were made aware about need of maintaining balanced diet.

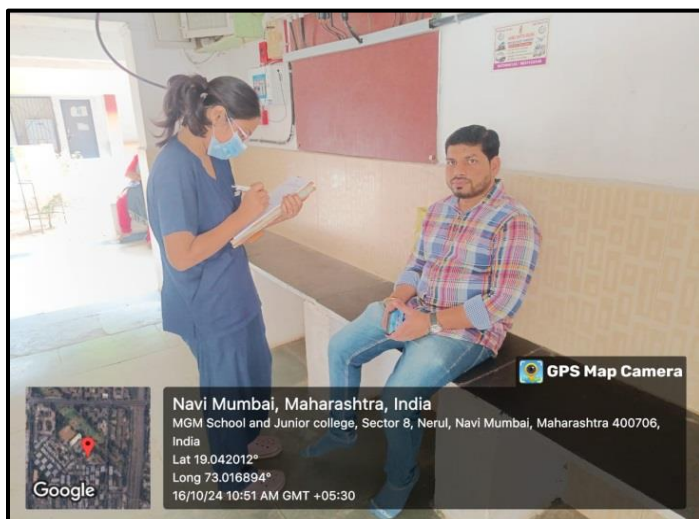
Observations: A total of 25 patients were examined for various dental problems. Scaling and restorations were performed on 8 patients. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Pit and Fissure caries	5	20
Dental Caries	7	28
Grossly Carious	5	20
Root piece	8	32



Interpretation and conclusion:

1. Dental caries is most common oral health problem followed by gingivitis. Providing regular dental checkups can significantly decrease these oral health issues.
2. People were made aware about ill effects of eating junk foods on oral health as well as on overall health.
3. Patients were informed to maintain balanced diet and appropriate oral hygiene practices.



Educating about ill effects of junk food
on oral health



Investigation Being Done by the Team
Member

List of Attendees

Sr. No	List of Participants
	Name of faculty
1	Dr. Vaibhav Thakkar
Sr. No	Name of Interns
	2. Nidhi Gujar
	3. Sanskaar Shankhala
	4. Swati Sonwane
	5. Somaiya Hethvi