



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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THE IMPACT OF EATING DISORDERS ON ORAL HEALTH AT PHC WAVANJE.

Date: 29/01/25

Venue: PHC , Wavanje.

Faculty: Dr. Rafeeq Nalband, Dr. Saurabh.

Organizing Agency: Department of public health dentistry MGMDCH, NSS unit of MGMDCH, PHC Wavanje.

Number of Students attended: 4

Introduction

Eating disorders, such as anorexia nervosa, bulimia nervosa, and binge eating disorder, negatively affect overall health, including oral health. Frequent vomiting, nutritional deficiencies, and poor oral hygiene can lead to enamel erosion, dental caries, gum disease, and dry mouth. Early detection and intervention are crucial to preventing severe oral health complications in individuals with eating disorders.

MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the people at PHC WAVANJE with the intention of providing proper oral health care to the patients.

Aim and Objective

1. To assess the oral health effects of eating disorders in affected individuals.
2. To educate patients on the risks of eating disorders and their impact on oral health.
3. To provide preventive strategies and treatment recommendations for maintaining oral health.

Method to Examine Patients

Type II: The patients were examined using mouth mirror, probes and other diagnostics

The patients needing immediate attention were referred to MGM dental college and hospital and the others were given oral health education

Demographic and Medical History: Collected information on age, gender, eating habits, history of purging, and oral hygiene practices.

Oral Examination:

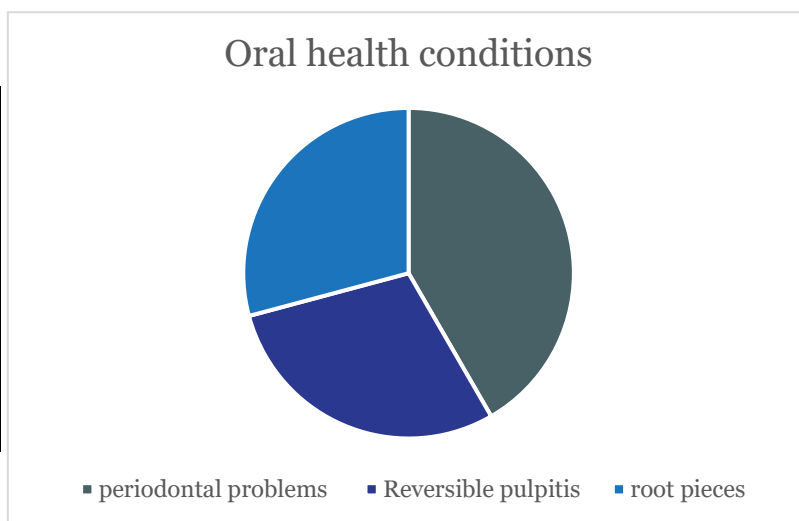
Enamel erosion: Checked for loss of enamel, particularly on the lingual surfaces of anterior teeth (due to repeated vomiting). Tooth sensitivity: Assessed for increased sensitivity to hot, cold, and acidic foods.

Dental caries and decay: Evaluated for cavity formation due to frequent acid exposure and poor nutrition.

Gum health: Checked for signs of gingivitis, bleeding, and periodontal disease caused by vitamin deficiencies.

Salivary gland changes: Noted signs of xerostomia (dry mouth) and salivary gland swelling.

Sr.no.	Oral health conditions	No. Of patients
1.	Gingivitis	10
2.	Reversible pulpitis	07
3.	Root pieces	05
	Total	22



Total patients treated-10

Scalings-06

Restorations-04

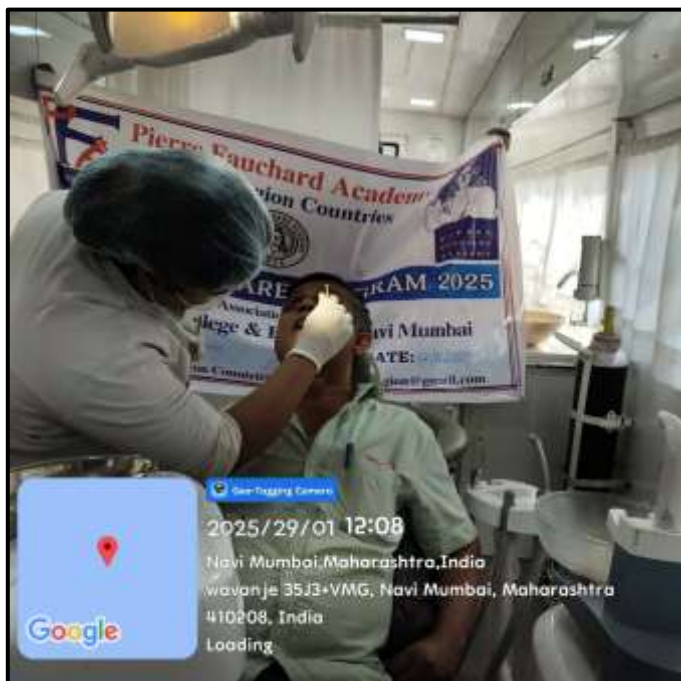
Interpretation of Findings

A significant number of patients with eating disorders exhibited enamel erosion, particularly those with a history of self-induced vomiting. Many patients had tooth decay and increased sensitivity, likely due to frequent exposure to stomach acids. Gingivitis and periodontal disease were observed, linked to malnutrition and vitamin deficiencies. Several individuals experienced dry mouth (xerostomia), increasing their risk of oral infections.

A few cases of salivary gland swelling and TMJ disorders were noted, associated with frequent vomiting and stress-related teeth grinding.

Conclusion

Eating disorders have a severe impact on oral health, leading to enamel erosion, increased cavities, gum disease, and dry mouth. Raising awareness and early detection can help prevent long-term damage to teeth and gums. Dentists should work alongside medical professionals to identify and support patients with eating disorders. Proper oral hygiene, fluoride treatments, and nutritional counseling are essential in mitigating the effects of these disorders on oral health.



Dental Team at the PHC Centre examining the patients

Sr. No	List of Participants
Name of faculty	
1.	Dr. Rafeeq Nalband
2.	Dr. Saurabh
Name of Interns	
1.	Rajni Kokate
2.	Tuba Penkar
3.	Ayesha
4.	Judith