



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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ORAL HEALTH RISKS IN ADOLESCENTS AT SHRI NARAYAN BABA CHARITABLE TRUST PANVEL

Date: 30/01/2025.

Venue: SNBCT , Panvel.

Faculty: Dr. Kashmira Kadam , Dr. Ragini Sanaye

Organizing Agency: PHD Dept, MGMDCH, NSS unit of MGMDCH, SNBCT Panvel.

Number of Students attended: 04

Introduction

Oral health is a crucial part of overall well-being, particularly in adolescents, as they undergo significant physiological and lifestyle changes. Common oral health risks in this age group include dental caries, gingivitis, malocclusion, fluorosis, and habits such as smoking or poor dietary choices. Lack of awareness, irregular dental visits, and poor oral hygiene practices contribute to the prevalence of these issues.

Aim and Objective

1. To assess the common oral health risks among adolescents.
2. To educate and create awareness about the importance of oral hygiene.
3. To provide preventive and curative treatment options based on the findings.

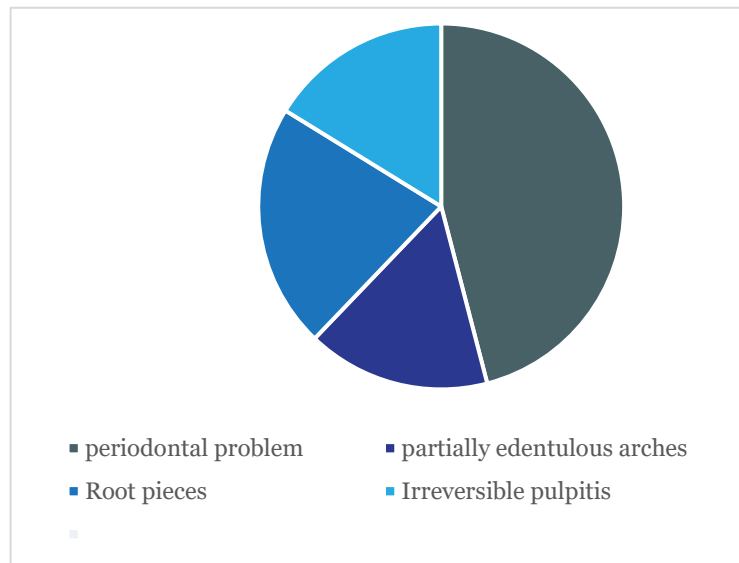
Method to Examine Patients

Type III: The patients were examined using tongue depressor in daylight and the patients needing immediate attention were referred to MGM dental college and hospital and the others were given Oral Health Education.

Demographic Data Collection: Age, gender, dietary habits, and oral hygiene practices were recorded. Oral Examination: Dental caries assessment using WHO criteria. Periodontal health checked for signs of gingivitis, bleeding gums, and calculus deposition. Screening for harmful oral habits like tobacco use, bruxism, and thumb-sucking.

Questionnaire: Participants answered questions about their oral hygiene habits, frequency of brushing, and visits to the dentist.

Sr.no .	Oral health conditions	No. Of patients
1.	Gingivitis	17
2.	Partially edentulous arches	10
3.	Root pieces	08
4.	Irreversible pulpitis	06



Total screening of patients- 42

Interpretation of Findings

A significant percentage of adolescents showed signs of dental caries due to poor brushing techniques and high sugar intake. Mild to moderate gingivitis was observed in those with irregular flossing and professional cleaning habits. Cases of malocclusion were linked to genetics and childhood habits like thumb-sucking.

Fluorosis was noted in areas with high fluoride content in drinking water. A small number of adolescents admitted to tobacco consumption, highlighting the need for anti-tobacco awareness.

Conclusion

The study revealed that many adolescents are at risk of oral diseases due to poor hygiene practices, diet, and lack of regular dental checkups. Education on proper brushing techniques, dietary modifications, and regular professional cleanings can significantly improve oral health. Further preventive measures, including school-based awareness programs and dental camps, should be conducted to address these issues effectively.



Investigation done by the team at the site



Dental Team at the Camp site

List of Participants	
Name of faculty	
1.	Dr. Kashmira Kadam
2.	Dr. Ragini Sanaye
Name of Interns	
1.	Priyanka Harpalkar
2.	Sadhana Yadav
3.	Mahesh Survase
4.	Dynyanda Ghuge