



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
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AWARENESS ABOUT FLOSSING TECHNIQUE AT RAMABAI CENTRE BELAPUR

Date: 29th October 2024

Venue: Belapur

Faculty: Dr. Sujata Hirave, Dr. Agreja Patil

Organizing Agency: Department Of Public Health Dentistry of MGM CBD Belapur Centre

Number of Students attended: 2

Flossing is an essential part of oral hygiene, to ensure that there are no issues with oral health and to detect any concerns as early as possible. The best way to deal with oral health concerns is through prevention. Flossing allows you to maintain oral hygiene to receive the proper preventive care. Dental College constantly takes efforts of extending the oral health care of the community. The oral care initiative was also extended to patients at Ramabai Centre Belapur with the intention of creating awareness about the importance of Flossing in maintenance of good oral hygiene. By promoting these techniques, It helps to improve the oral health of individuals at the Ramabai Centre.

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 importance of flossing on oral health.
3. Effect of regular check-up on overall health of the individuals.

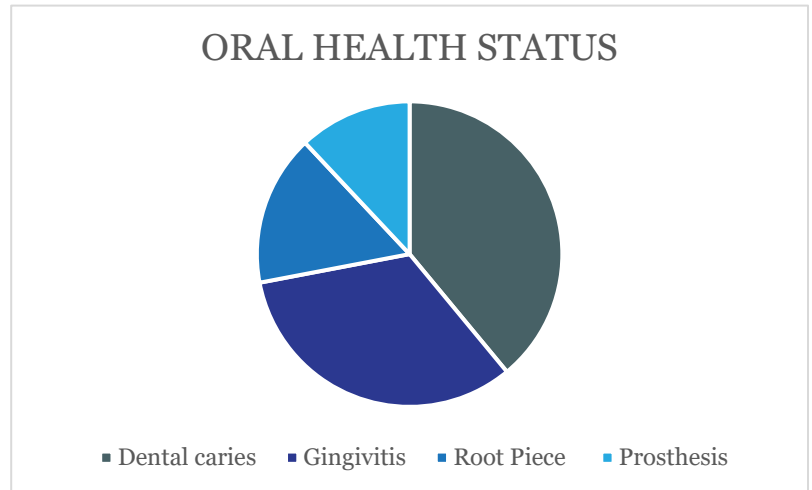
Method:

To start flossing, take about 18 inches of dental floss and wrap most of it around the middle finger of one hand, with the rest around the middle finger of your other hand. This setup gives you better control. Hold the floss tightly between your thumbs and index fingers, then gently slide it between your teeth using a sawing motion to avoid snapping it against your gums. Curve the floss around the base of each tooth, forming a C-shape, and slide it up and down to reach below the gumline. As you move to the next tooth, unwind a clean section of floss for better hygiene. Once finished, rinse your mouth with water or mouthwash to wash away any debris.

Observations: A total of 20 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

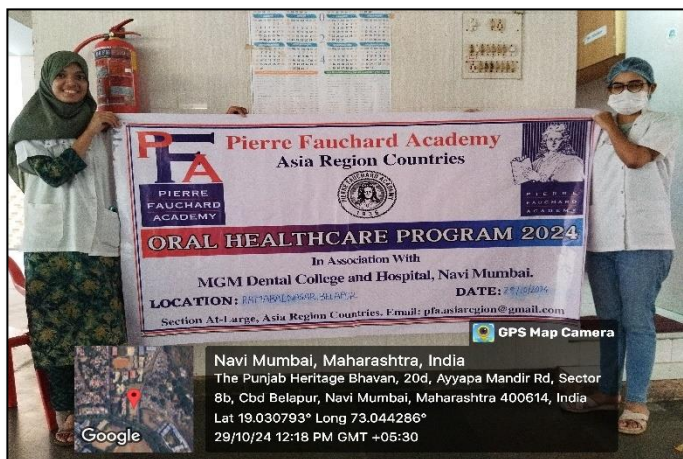
Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	8	39
Gingivitis	6	33
Root piece	4	16
Prosthesis	2	12



Interpretation and conclusion:

1. Aimed to educate the attendees on the role of flossing in preventing common dental issues, such as gum disease and plaque buildup, which are often due to inadequate cleaning between teeth.
2. Raising awareness about proper flossing techniques, particularly among the attendees, and demonstrated the need for continued education on oral hygiene practices. Given the low turnout (2 students), future sessions could benefit from additional outreach to encourage more attendance. Increasing awareness about flossing and its impact on dental health can contribute to reducing oral health issues in the community.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr.Sujata Hirave
2.	Dr.Agreja Patil
Name of Interns& Students	
3.	Umaina khatib
4.	Anushka Shetty
5.	Hritik Jankar
6.	Maitri Dhanani