



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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ROLE OF NUTRITION IN ORAL HEALTH AT WAVANJE PHC

Date: 21st August 2024

Venue: Wavanje PHC

Faculty: Dr. Swati Singh, Dr. Agraja Patil

Organizing Agency: PHD Dept MGMDCH, NSS UNIT OF MGMDCH

Number of Students attended: 2

Introduction

This report summarizes the Public Health Dentistry Camp held at Wavanje Primary Health Center (PHC) on August 7, 2024. The focus of the camp was to educate the community on the crucial relationship between nutrition and oral health. The event aimed to raise awareness, provide dental services, and promote healthy dietary practices.

Objectives

1. **Educate the Community:** Inform participants about the importance of nutrition in maintaining oral health.
2. **Provide Dental Services:** Offer free dental checkups and preventive treatments.
3. **Promote Healthy Eating Habits:** Encourage dietary choices that support oral health.

Camp Activities

1. Educational Workshops

- **Interactive Sessions:**
 - Conducted engaging workshops discussing the impact of various nutrients on oral health, such as calcium, vitamin C, and fibers.
 - Addressed the harmful effects of sugar and acidic foods as well as smoke and smokeless tobacco on dental health, encouraging and promoting healthier alternatives.
- **Resource Distribution:**
 - Distributed brochures and pamphlets with information on foods that benefit oral health and tips for maintaining good oral hygiene through diet.

2. Dental Checkups

- **Free Dental Screenings:**
 - Provided comprehensive dental checkups to over 14 community members. Each participant was assessed for cavities, gum disease, and other oral health issues.
- **Preventive Treatments:**
 - Offered scaling and root planning treatments to participants associated with gum diseases and recession
 - Offered fluoride , GIC, Composite treatments and dental sealants to participants, emphasizing their role in preventing tooth decay.

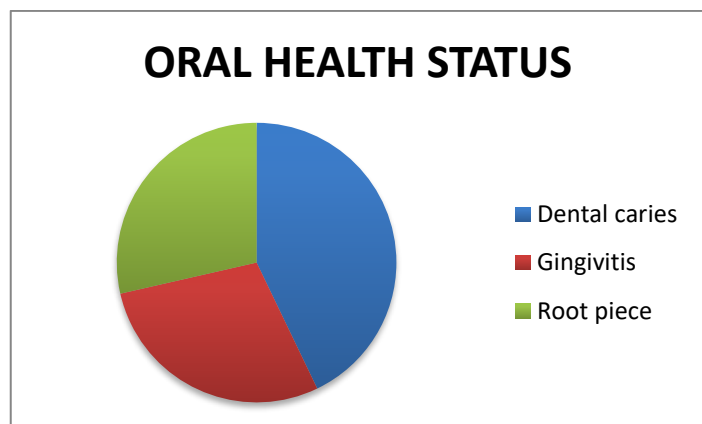
3. Community Engagement

- **Surveys and Feedback:**
 - Collected feedback from attendees through surveys, with 83% of participants reporting an increased understanding of the link between nutrition and oral health.

Method

A type III examination was carried out with the use of mouth mirror and probe 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.

Condition	No. of individuals	Percentage %
Dental caries	6	43
Gingivitis	4	29
Root piece	4	28



Importance of Nutrition in Oral Health

1. Nutrient Contributions

- **Calcium and Phosphorus:** Essential for strengthening teeth and bones, found in dairy products, nuts, and leafy greens.
- **Vitamin C:** Important for gum health, found in citrus fruits, strawberries, and bell peppers.
- **Fiber:** Helps clean teeth naturally and stimulates gums, found in fruits, vegetables, and whole grains.

2. Reducing Sugar Intake

- **Impact of Sugar:** High sugar consumption is linked to tooth decay. Educating participants on healthier snack options can help mitigate this risk.

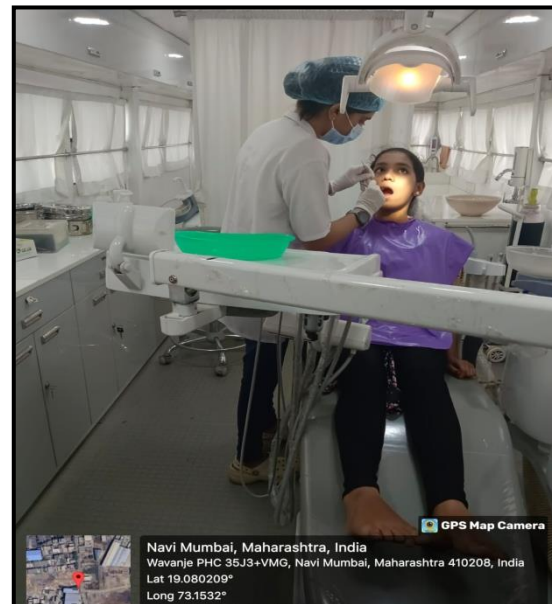
3. Hydration

- **Importance of Water:** Promoting water consumption helps rinse away food particles and bacteria, contributing to better oral hygiene. Eg. Rinsing mouth after consumption of food or meals.

Conclusion

The Public Health Dentistry Camp at Wavanje PHC effectively raised awareness about the vital connection between nutrition and oral health. Through educational workshops, dental services, and community engagement, participants gained valuable knowledge that can lead to improved oral health practices.

This report emphasizes the importance of nutrition in maintaining good oral health and highlights the need for continued community education on this essential topic.



INVESTIGATION BEING DONE BY TEAM MEMBERS

List of Attendees

Name of Staff	
1.	Dr. Swati Singh
2.	Dr. Agraja Patil
Name of Interns	
3.	Pranav
4.	Bhavika