



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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IMPORTANCE OF FLUORIDE AT DR. M G PARULKAR SCHOOL, VASAI

Date: 02 October 2024

Venue: Dr. M G Parulkar School, Vasai

Faculty: Dr. Vaibhav Thakkar

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

Number of Students attended: 06

Fluoride plays a critical role in promoting oral health and preventing dental caries. It is reported to contribute to the conventional tooth mineral's, making a thin layer coating of fluorapatite. It's more impervious to pitting corrosion than hydroxyapatite, thus safeguarding teeth from increased deterioration. The best way to deal with oral health concerns is through prevention. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the children at Dr M G Parulkar School, Vasai with the intention of creating awareness about the importance of fluoride for good oral hygiene.

Aim and objective:

1. To educate students about the importance of fluoride for maintaining good oral hygiene.
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

Method:

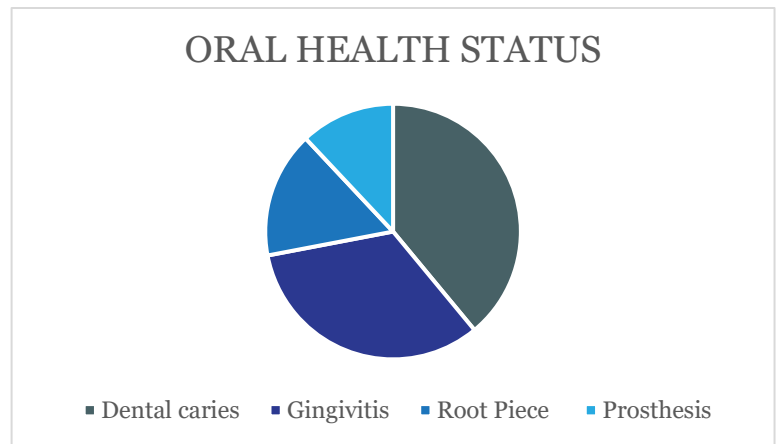
Students were explained about the importance of learning about fluoride and effect of the same on overall oral health of the patients. Fluoride levels in the mouth are linked to the frequency and incidence of dental caries. Fluoride exerts its anti-cariogenic action when administered topically, it inhibits tooth demineralization by forming fluorapatite crystals which is more resistant than hydroxyapatite crystals. It also promotes tooth remineralization by accelerating the growth of fluorapatite crystals on partially demineralized sub-surface crystals in the carious lesion. Therefore, it is less soluble in plaque acids. Fluoride ions also travel through the cariogenic bacterial wall. All this was explained using pictorial banner during the program.

After the awareness program, Type IV examination was conducted using Tongue depressor in day light. All the patients were assessed for oral health status and were explained the need to get the problems corrected.

Observations: A total of 123 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	74	60
Gingivitis	28	23
Root piece	9	8
Prosthesis	12	9



Interpretation and conclusion:

1. The role of fluoride in dentistry is pivotal in protecting teeth and preventing dental decay. It stimulates remineralization and inhibit demineralization. It reduces glycolysis, and exerts antibacterial effects, particularly against cariogenic bacteria like Streptococcus mutans. Fluoride supplements are also available.
2. Dental caries and gingivitis are the most common problem among the patients which can be reduced by utilizing proper diet and nutrition and also the facilities available. A regular dental check-up can lead to decrease in the number of decayed teeth.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr. Vaibhav Thakkar
Name of Interns & Students	
2.	Eram Chaudhary
3.	Janhavi Khandare
4.	Kaushika Dhotre
5.	Bhavika Patil
6.	Pranav Shimpi
7.	Apurva kini
8.	Anushka Vhaval
9.	Sae Vispute