



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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Oral Health Risks in Patients with Hypertension at Shri Narayan Baba Charitable Trust

Date: 7th November 2024

Venue: SNBCT, Panvel

Faculty: Dr. Rafeeq Nalband, Dr. Neeraj Kolge

Organizing Agency: Department Of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH, SNBCT Panvel

Number of Students attended: 3

Hypertension, commonly known as high blood pressure, is a significant risk factor for various systemic conditions, including oral health issues. Patients with hypertension often experience oral manifestations such as xerostomia (dry mouth), increased susceptibility to periodontal diseases, delayed wound healing, and medication-induced gingival enlargement. MGM Dental College aims to extend oral healthcare awareness to hypertensive patients to emphasize the importance of oral hygiene in managing overall health.

Aim and objective:

1. To assess the oral health status of hypertensive patients.
2. To provide necessary dental treatment and referrals where required.
3. To educate patients on the impact of hypertension on oral health.
4. To raise awareness about the importance of maintaining good oral hygiene to prevent complications.

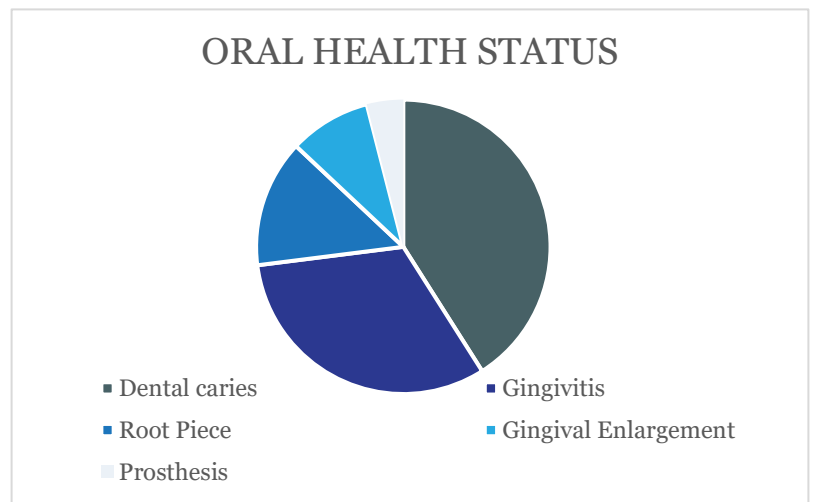
Method:

A structured oral examination was conducted using a mouth mirror and probe under daylight. Patients were assessed for oral health conditions, including dental caries, periodontal diseases, and medication-induced oral issues. Patients were educated about the relationship between hypertension and oral health, focusing on the effects of antihypertensive medications and the importance of maintaining good oral hygiene.

Observations: A total of **22** hypertensive patients were examined for various oral health conditions. Patients requiring specialized care were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	9	41
Gingivitis	7	32
Root piece	3	14
Gingival Enlargement	2	9
Prosthesis	1	4



Interpretation and conclusion:

The findings indicate that hypertensive patients are at a higher risk of developing oral health issues, particularly due to medication side effects and compromised immune response. The most prevalent conditions observed were dental caries and gingivitis, highlighting the need for improved oral hygiene practices among hypertensive individuals.

- Regular dental check-ups for early detection and management of oral health issues.
- Awareness programs to educate hypertensive patients on the impact of medications on oral health.
- Adoption of preventive measures such as fluoride application, proper brushing techniques, and dietary modifications.
- Encouragement of lifestyle changes to manage both hypertension and oral health effectively



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr. Rafeeq Nalband
2.	Dr. Neeraj Kolge
Name of Interns & Students	
3.	Rucha Sabde
4.	Ipshita Singh
5.	Sanika Gore