



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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TIPS FOR MANAGING ORAL HEALTH DURING STRESS AT SHRI NARAYAN BABA CHARITABLE TRUST PANVEL

Date : 05/12/2024

Venue: Shri Narayan Baba charitable trust panvel

Faculty: Dr Kashmira Kadam

Organizing committee: Department of PhD in MGMDCH

Number of students: 3

Managing oral health is crucial in people at this time. To avoid dental problems during periods proper management should be done . By maintaining oral health most of the overall health issues can be controlled and managed.

Aims and objectives:

1. To create awareness among the people about maintenance of oral health.
2. To explain people how they can maintain their oral health.
3. To encourage people to practice good healthy practices to maintain oral health.
- 4.To share them the benefits of good oral health and how they can maintain it.

Method :

1. People are explained about how they can manage the oral
- 2 . Maintain Good Oral Hygiene

Brush your teeth at least twice a day with fluoride toothpaste to remove plaque and bacteria. Floss once a day to remove food particles and plaque from between your teeth. Use a mouthwash to kill bacteria and freshen your breath.

3.Reduce Stress-Related Habits

1. Avoid teeth grinding
2. Limit sugary and acidic foods
3. Don't smoke or vape

III. Practice Stress-Reducing Techniques

1. Practice meditation to reduce stress and anxiety.
2. Engage in regular physical activity to reduce stress and improve overall health.
3. Aim for 7-8 hours of sleep per night to help manage stress.

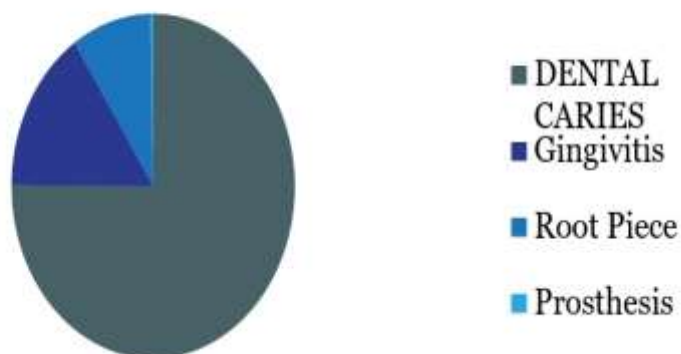
IV. Visit Your Dentist Regularly

Observation and interpretation:

1. Observation was done of the patients under stress and educated them about how they can manage the oral health during stress.
2. Total 17 patients were examined and the treatment was done . The patients who required intense treatment were referred to MGM dental college kamothe

condition	No. of individual	Percentage %
Dental caries	11	70%
Gingivitis	3	15%
Root piece	2	10%
Prosthesis	1	5%

ORAL HEALTH STATUS



Interpretation:

It is very much important to maintain the oral health. to avoid health related issues good oral health practice is important. Specially during periods the ladies has to manage the stress level and also take care of oral health. By these practice there will be control over the oral health issues.

1. 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 the PHC. A regular dental check-up can lead to decrease in the number of decayed teeth.

2. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Majority of the oral diseases are due to lack of proper health education of the patient and insufficient dietary intake.



Investigation done by the Dental team at the camp site



Dental team at the camp site

List of Attendees

Name of Staff	
1.	Dr. Kashmira Kadam
2.	Dr. Pankaj Londhe
Name of Interns& Students	
3.	Mahesh
4.	Bharti
5.	Anvayi Gardi
6.	Samiksha More