



**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 PERIODONTAL HEALTH CARE AND MAINTENANCE OF GOOD ORAL
HYGIENE**

Date: 28th August 2024

Venue: Wavanje PHC

Faculty: Dr.Rafeeq Nalband, DrNeeraj Kolge

Organizing Agency: Department of Public Health Dentistry of MGMDCH, NSS Unit, MGMDCH;

Number of Students attended: 2

Periodontal health is essential not only for maintaining a beautiful smile but also for overall well-being. The gums and supporting structures of the teeth play a critical role in preventing oral diseases, such as gingivitis and periodontitis, which can lead to tooth loss if left untreated. Good periodontal health is linked to various systemic health issues, including cardiovascular disease, diabetes, and respiratory problems, highlighting the interconnectedness of oral and overall health.

MGM Dental College keeps organizing oral health check up and treatment camps to enhance the dental health in our community. The oral care initiative was also extended to patient at WAVANJE PHC with the intention of creating awareness about importance of periodontal health..

Aim and objective:

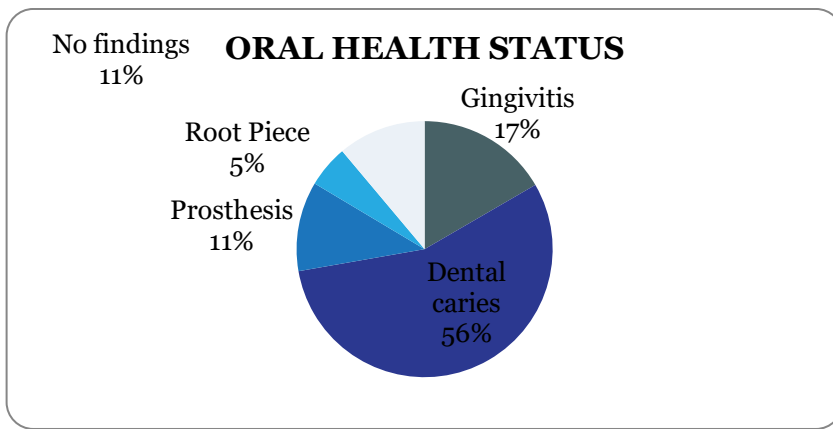
1. To create awareness amongst the people about good oral health.
2. To provide a proper guide for maintenance of good oral hygiene.

Method:

Awareness regarding importance of periodontal health and oral hygiene in dentistry was done. People were taught about the proper brushing technique and other methods to maintain oral hygiene. A type III examination was carried out with the use of tongue depressor 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. Mouth Scaling and fluoride application was done. People were made aware about gingivitis and periodontitis.

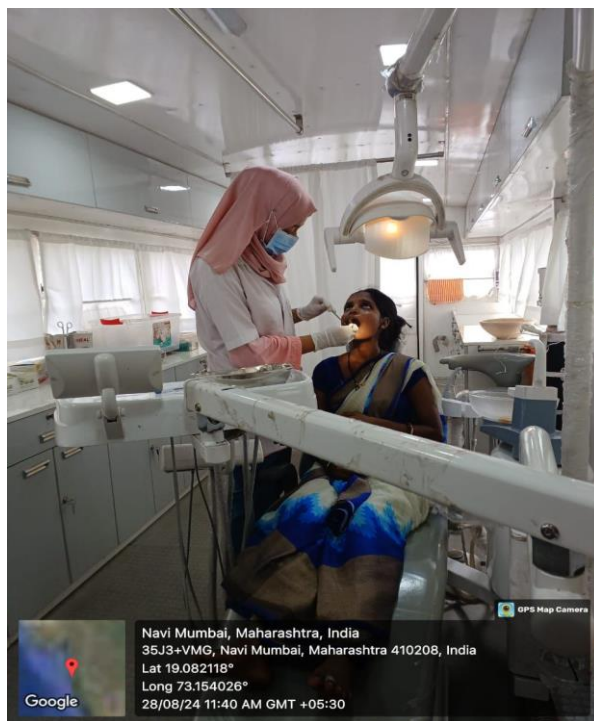
Observations: A total of 18 patients were examined for various dental problems. People were detected with periodontal problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Gingivitis and Periodontitis	03	16.6
Dental Caries	10	55.5
prosthesis	02	11.1
Root piece	01	5.6
No Findings	02	11.1



Interpretation and conclusion:

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 BEING DONE BY THE TEAM MEMBER

List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Rafeeq
2.	Dr. NeerajKolge
Name of Interns	
3	Pooja Kushwaha
4	RuhiNaik