



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
Plot No. 1 & 2 Sector-01 (Old 18 & 19),  
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### ORAL CARE TIPS FOR SENIORS AT PHC ,LOHOP

**Date:** 03/02/2025

**Venue:** PHC,Lohop .

**Faculty:** Dr. Mausami Malgaonkar, Dr. Pankaj Londhe

**Organizing Agency:** PHD Dept, MGMDCH, Rotary Club,NSS UNIT OF MGMDCH .

**Number of Students attended:** 4

As we age, our oral health needs change. Seniors face unique challenges that can affect their oral health, such as dry mouth, gum recession, and tooth loss. 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 Royal School, Dombivali with the intention of creating awareness about role of sugar in causing dental caries and providing oral health care to the patients.

#### **Aim and objective:**

1. To educate students about role of oral health care for senior .
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

#### **Method:**

After the awareness program, oral examination was conducted using mouth mirrors and probe for the patients . All 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.

#### **Brushing and Flossing**

1. Use a soft-bristled toothbrush: Soft-bristled toothbrushes are gentler on gums and can help prevent bleeding.

2.Brush at least twice a day: Brushing regularly helps remove plaque and bacteria that can cause cavities and gum disease.

3.Floss daily: Flossing helps remove food particles and plaque from between teeth and under the gumline.

4.Use an interdental brush: Interdental brushes can help clean between teeth and around bridges, implants, and dentures.

#### Gum Recession and Tooth Loss Prevention

1.Visit your dentist regularly: Regular dental check-ups can help catch gum recession and tooth loss early, when they are easier to treat.

2.Use a desensitizing toothpaste: Desensitizing toothpaste can help reduce sensitivity caused by gum recession.

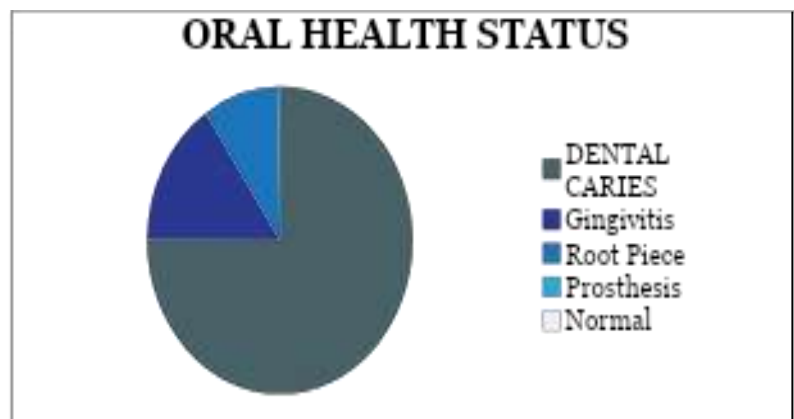
3.Avoid tobacco and smoking: Tobacco and smoking can increase the risk of gum recession and tooth loss.

4.Eat a balanced diet: A diet rich in fruits, vegetables, and whole grains can help support oral health.

#### Observations:

1. It was observed that patients had a high history of consumption of sugar in their daily diet and were advised to control the frequency and amount of sugar intake by explaining the how it can cause various dental problems.
2. A total of 20 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

| Condition     | No. of individuals | Percentage % |
|---------------|--------------------|--------------|
| Dental caries | 06                 | 30           |
| Gingivitis    | 04                 | 20           |
| Root piece    | 05                 | 25           |
| Prosthesis    | 05                 | 25           |



### Interpretation and conclusion:

1. Dental caries is the most common problem among the patients followed by gingivitis.
2. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients.



**List of Attendees**

| Sr No | Name of Staff         |
|-------|-----------------------|
| 1.    | Dr.Mausami Malgaonkar |
| 2.    | Dr.Pankaj Londhe      |

| Sr No | Name of interns |
|-------|-----------------|
| 1.    | Bharti jat      |
| 2.    | Mihit Kankariya |
| 3.    | Anamika Chauhan |

| Sr No | Name of students |
|-------|------------------|
| 1.    | Sneha Patil      |
| 2.    | Dnyanda ghuge    |