



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
E-Mail ID: mgmdch@mgmmumbai.ac.in



TIPS FOR MANAGING ORAL HEALTH DURING STRESS AT SHIVKAR VILLAGE

Date: 05/01/2025.

Venue: Shivkar Village.

Faculty: Dr. Swati Singh, Dr. Saurabh Waghchaure

Organizing Agency: PHD Dept., MGMDCH, NSS unit of MGMDCH, NSS unit of Pillai college, Panvel.

Number of Students attended: 05

Introduction

Stress is a common factor affecting both physical and mental health, often leading to neglect of oral hygiene. Chronic stress can contribute to habits like teeth grinding (bruxism), nail-biting, and unhealthy eating, all of which negatively impact oral health. Additionally, stress weakens the immune system, increasing the risk of gum disease, mouth ulcers, and dry mouth. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the people from Shivkar village with the intention of providing proper oral health care to the patients.

Aim and Objective

1. To assess the impact of stress on oral health.
2. To educate individuals on maintaining good oral hygiene during stressful periods.
3. To provide practical tips and preventive measures for stress-related oral health problems.

Method to Examine Patients

Type III: The patients were examined using tongue depressor in daylight and the patients needing immediate attention were referred to MGM dental college and hospital and the others were given Oral Health Education.

Demographic and Lifestyle History: Collected information on age, stress levels, lifestyle habits, and oral hygiene practices.

Oral Examination:

Bruxism check: Assessed for signs of enamel wear, jaw pain, and muscle tightness.

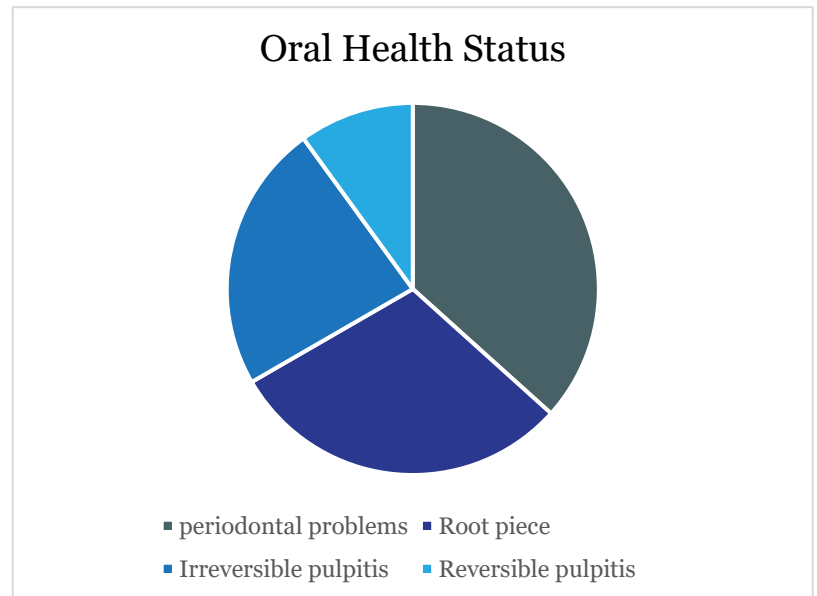
Gum health: Checked for inflammation, bleeding, or signs of periodontal disease.

Caries and erosion: Evaluated for increased tooth decay due to stress-induced diet changes (sugary/acidic foods).

Soft tissue health: Looked for ulcers, canker sores, or signs of dry mouth.

Questionnaire: Patients answered questions about their stress management strategies, dietary habits, and oral hygiene routines.

Sr.no.	Oral health conditions	No. Of patients
1.	Periodontal problems	22
2.	Root pieces	18
3.	Irreversible pulpitis	14
4.	Reversible pulpitis	06



Total no. Of patients screened – 60

Interpretation of Findings

Many individuals under stress showed signs of bruxism, leading to enamel wear and jaw discomfort. Some patients had gingivitis or periodontal issues, likely due to neglect of oral hygiene during stressful periods. Increased tooth sensitivity and caries were noted, possibly linked to comfort eating habits (sugary/acidic foods). Cases of mouth ulcers and dry mouth were observed, associated with stress-induced immune suppression and dehydration.

Conclusion

Stress significantly impacts oral health, leading to bruxism, gum disease, and poor oral hygiene. Awareness and stress management techniques (meditation, regular exercise, deep breathing) can help prevent oral health deterioration.

Proper oral care, including regular brushing, flossing, fluoride use, and hydration, is essential.



Dental Team at the camp site

Sr. No	List of Participants
Name of faculty	
1.	Dr. Swati Singh
2.	Dr.Saurabh Waghchaure
Name of Interns	
1.	Rajni Kokate
2.	Pallavi Shetkar
3.	Bhavesht patil
4.	Judith koshy
5.	Ashna Jain