



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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AWARENESS ABOUT MOUTHWASH REGIME AT FRIEND'S CIRCLE NAVRATRI PANDAL, URAN

Date: 04th October 2024

Venue: Friends Circle Navratri Pandal, Uran

Faculty: Dr. Vaibhav Thakkar

Organizing Agency: Department Of Public Health Dentistry of MGMDCH, NSS unit of MGMDCH

Number of Students attended: 4

Mouthwash can enhance oral hygiene by reaching areas missed by brushing and flossing, reducing plaque, and freshening breath. However, awareness of proper usage and benefits remains limited, with many misconceptions about its role in daily routines. Mouthwash is a liquid that's swished around in the mouth to help prevent, relieve, and cure oral conditions. Common ingredients in mouthwash include thymol, eucalyptol, hexetidine, methyl salicylate, menthol, and chlorhexidine gluconate.

MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to patients at Friends circle Navratri Pandal, Uran with the intention of creating awareness about the importance of mouthwash regime in maintenance of good oral hygiene

Aim and objective:

1. Assess the level of public awareness and understanding of mouthwash usage and its benefits in oral hygiene.
2. Identify common misconceptions and gaps in knowledge about effective mouthwash regimes.
3. Promote the importance of education on proper mouthwash practices to enhance overall oral hygiene awareness.

Method:

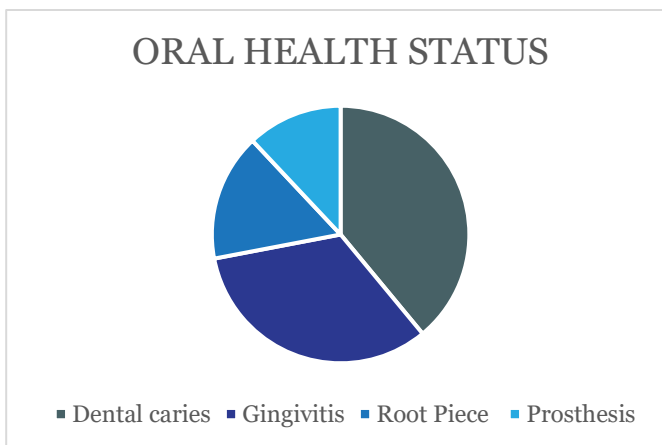
A routine dental check-up helps with the prevention of a range of oral health concerns, including but not limited to periodontal disease, teeth decay, and teeth stains. Regular dental checkups act as a vital line of defense against such issues. By identifying and addressing problems in their early stages, dentists can intervene before they transform into painful toothache or discomfort. All this was explained using pictorial banner during the program.

A type III examination was carried out with the use of mouth mirror and probe 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 how mouthwash can affect the dental health of a patient.

Observations: A total of 103 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

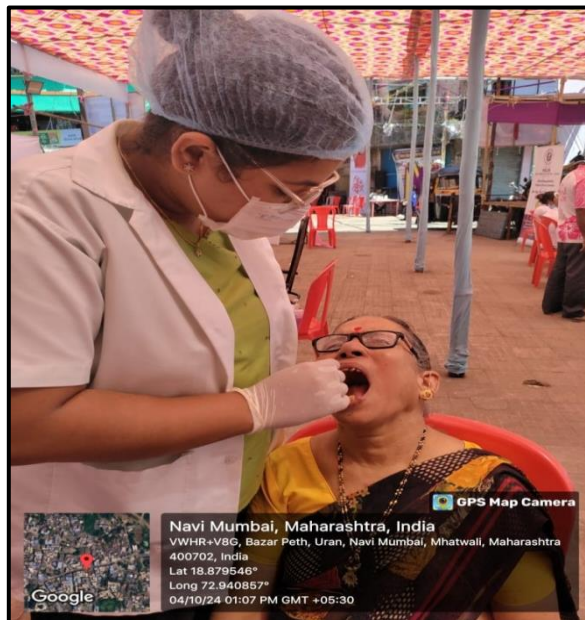
Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	41	39
Gingivitis	34	33
Root piece	16	16
Prosthesis	12	12

**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

Name of Staff	
1.	Dr. Vaibhav Thakkar
Name of Interns& Students	
2.	Samiksha Pawar
3.	Apurva Kini
4.	Nisha Lanjekar
5.	Mrunal Narayane
6.	Sanika Kokane
7.	Ahana Koley