



**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



IMPACT OF SMOKING AND ALCOHOL ON ORAL HEALTH AT WAVANJE PHC

Date: 08/01/2025

Venue: Wavanje PHC

Faculty: Dr. Mausami Malgaonkar, Dr. Pankaj Londhe

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

Number of Students attended:4

Smoking and alcohol consumption are major risk factors that negatively affect oral health, leading to a range of dental and gum-related issues. Tobacco use is directly linked to gum disease, tooth discoloration, bad breath, and an increased risk of oral cancer. Similarly, excessive alcohol consumption can contribute to dry mouth, enamel erosion, and a higher likelihood of oral infections.

The combined effects of smoking and alcohol not only harm the teeth and gums but also weaken the body's ability to fight infections, delaying healing after dental procedures. Understanding these risks is crucial for maintaining good oral hygiene and overall well-being.. 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 WAVANJE PHC with the intention of creating awareness about impact of smoking and alcohol on oral health .

Aim and objective:

1. To raise awareness about the harmful effects of smoking and alcohol on oral health, promoting preventive measures and encouraging healthier lifestyle choices to improve overall dental and general well-being.
2. To educate them and create awareness about the impact of smoking and alcohol on oral health
3. To educate individuals about the oral health risks associated with smoking and alcohol consumption, including gum disease, tooth decay, and oral cancer.

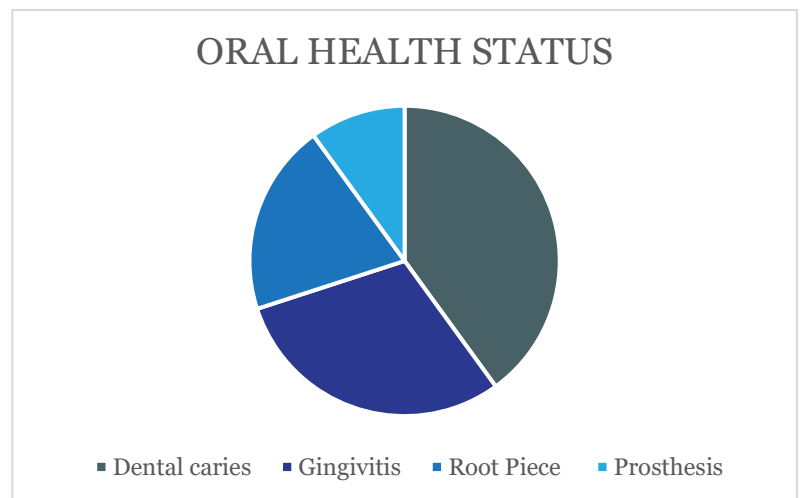
Method:

Oral health education on adverse effects of smoking and alcohol consumption was given to patients through charts and posters. An examination was carried out with the use of mouth mirror and probe in mobile dental van. 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 smoking and alcohol can effect the dental health of a person.

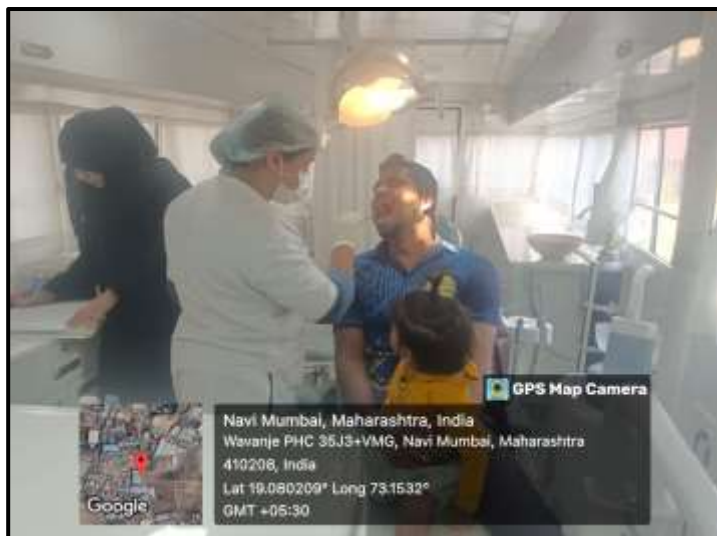
Observations: A total of 22 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	8	40
Gingivitis	6	30
Root piece	4	20
Prosthesis	2	10

**Interpretation and conclusion:**

1. Smoking is a major cause of gum disease, tooth discoloration, bad breath, and oral cancer, while excessive alcohol consumption contributes to dry mouth, enamel erosion, and an increased risk of oral infections.
2. By promoting smoking cessation, reducing alcohol intake, and encouraging regular dental check-ups, individuals can significantly lower their risk of oral diseases.
3. A proactive approach to oral health care can lead to a healthier society, reducing the burden of preventable oral diseases caused by smoking and alcohol use.



INVESTIGATION BEING DONE BY THE
TEAM MEMBER



DENTAL TEAM AT THE CAMP SITE

List of Attendees

Name of Staff	
1.	Dr. Mausami Malgaonkar
2.	Dr. Pankaj Londhe
Name of Interns& Students	
3.	Tuba penkar
4.	Rajani kokate
5.	Gauri khaire
6.	Ashma jain