



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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IMPACT OF SMOKING AND ALCOHOL ON ORAL HEALTH AT CKT SCHOOL NEW PANVEL

Date: 10th December 2024

Venue: CKT SCHOOL New Panvel

Faculty: Dr. Kashmira Dr. Neeraj Kolge

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

Number of Students attended: 4

Maintaining good oral health is crucial for overall well-being, and certain lifestyle habits can have a significant impact on your dental health. Two common habits that can negatively affect oral health are alcohol consumption and smoking.

The Impact of Alcohol on Oral Health

- Dry Mouth

Alcohol consumption can lead to dry mouth (xerostomia) because it reduces saliva production. Saliva is essential for neutralizing acids, washing away food particles, and protecting the teeth and gums. A dry mouth increases the risk of tooth decay, gum disease, and bad breath.

- Increased Risk of Tooth Decay

Alcoholic beverages, especially those high in sugar like sweet wines and cocktails, can contribute to tooth decay. Sugar provides food for harmful bacteria in the mouth, leading to acid production that erodes tooth enamel and causes cavities.

- Gum Disease

Heavy alcohol use is associated with a higher risk of gum disease (periodontitis). Alcohol can irritate the gums, making them more susceptible to infection and inflammation. Chronic alcohol consumption can exacerbate gum disease, leading to bleeding gums, gum recession, and tooth loss.

- Oral Cancer Risk

Alcohol is a major risk factor for oral cancer. The combination of alcohol and smoking significantly increases the risk. Alcohol can irritate the lining of the mouth and throat, making it more vulnerable to cancerous changes. Regular heavy drinking can lead to chronic inflammation and increase the likelihood of developing oral cancers.

The Impact of Smoking on Oral Health

- Gum Disease

Smoking is one of the leading causes of gum disease. It weakens the immune system, making it harder for the body to fight off bacterial infections in the mouth. Smokers are more likely to develop severe gum disease, which can result in gum recession, bone loss, and tooth loss.

- Tooth Discoloration

Smoking leads to significant tooth discoloration. Nicotine and tar from cigarettes can cause yellow or brown stains on teeth, which are often difficult to remove with regular brushing.

- Bad Breath

Smoking contributes to chronic bad breath. The odor from tobacco smoke lingers in the mouth and respiratory system, making it difficult to maintain fresh breath. Additionally, smoking decreases saliva production, which exacerbates bad breath.

- Increased Risk of Oral Cancer

Smoking is a major risk factor for oral cancer. It can cause changes in the cells of the mouth and throat, increasing the risk of developing cancerous lesions. Smokers should be particularly vigilant about regular oral cancer screenings.

- Delayed Healing

Smoking impairs the body's ability to heal. This can affect recovery after dental procedures such as extractions or periodontal treatments. Smokers may experience longer healing times and increased risk of complications.

Aim and objective:

1. Understanding how these habits influence your mouth and teeth
2. Exploring the effects of alcohol and smoking on oral health, discuss related risks, and offer tips for mitigating their impact.

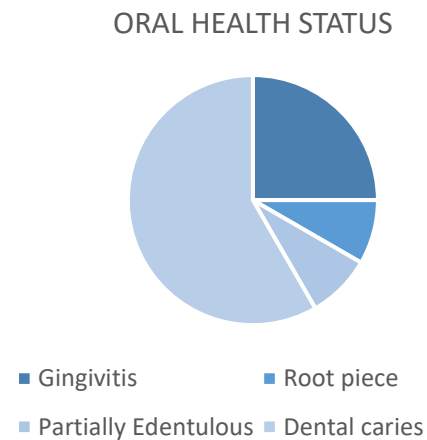
Method:**Mitigating the Impact of Alcohol and Smoking**

- **Moderation and Awareness:** If you choose to drink alcohol, do so in moderation. Limit the consumption of sugary alcoholic beverages and be aware of the potential effects on your oral health. Drinking water between alcoholic drinks can help prevent dry mouth and reduce staining.
- **Maintain Excellent Oral Hygiene:** Brush your teeth twice daily with fluoride toothpaste and floss daily to remove plaque and food particles. Use a fluoride mouthwash to help protect against decay and strengthen enamel. Regular dental cleanings and check-ups are essential for monitoring oral health and addressing any issues early.
- **Quit Smoking:** The best way to protect your oral health from the effects of smoking is to quit. Seek support through smoking cessation programs, therapies, or medications if needed. Quitting smoking not only improves oral health but also has numerous other health benefits.
- **Stay Hydrated:** Drinking plenty of water helps keep your mouth hydrated and flushes away food particles and bacteria. It can also help counteract the drying effects of alcohol and promote overall oral health.
- **Regular Dental Check-Ups:** Visit your dentist regularly for check-ups and cleanings. Regular dental visits allow for early detection of oral health issues, including those related to alcohol and smoking, and provide an opportunity to discuss any concerns with your dentist.

Observations: A total of 150 patients were examined and educated about sugar intake and its effects on dental health and other sugar substitutes and also those requiring extensive treatment were further referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Condition	No. of individuals	Percent age %
Dental caries	78	58.4
Gingivitis	34	25
Root piece	18	8.3
Prosthesis	0	8.3



Interpretation and conclusion:

1. The impact of smoking and alcohol on oral health is undeniable. Both habits can lead to various issues, from discolored teeth and bad breath to more severe conditions like gum disease and oral cancer.
2. However, with awareness and determination, individuals can make positive changes to safeguard their oral health. It's about taking steps toward quitting smoking and moderating alcohol consumption.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr. Kashmira Kadam
2.	Dr. Neeraj Kolge
Name of Interns& Students	
3.	Rutuja Salvi
4.	Anjali Daga
5.	R.Avinash
6.	Mahesh survase