



**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



**AWARENESS ABOUT ROLE OF SUGAR IN DENTAL CARIES' AT JHS SARANG
SCHOOL, KHALAPUR**

Date: 11th September 2023

Venue: JHS Sarang, Khalapur

Faculty: Dr. Ankit Shah, Dr. Neeraj Kolge

Organizing Agency: Department of Public Health Dentistry & NSS Unit of MGMDCH, Birla Carbon company

Number of Students attended: 09

Dental caries is a chronic disease which can affect us at any age. The term "caries" denotes both the disease process and its consequences, that is, the damage caused by the disease process. Dental caries has a multifactorial aetiology in which there is interplay of three principal factors: the host (saliva and teeth), the microflora (plaque), and the substrate (diet), and a fourth factor: time. The role of sugar (and other fermentable carbohydrates such as highly refined flour) as a risk factor in the initiation and progression of dental caries is overwhelming. MGM Dental College keeps organizing oral health check up and treatment camps to enhance the dental health in our community. Such an initiative was taken in association with Birla Carbon Company to students of JHS Sarang School, Khalapur to create awareness about role of sugar in dental caries and providing oral health care to patients.

Aim and objective:

1. To create awareness amongst the students about the role of sugar in dental caries
2. To assess the oral health status of patients and to provide necessary Dental treatment.

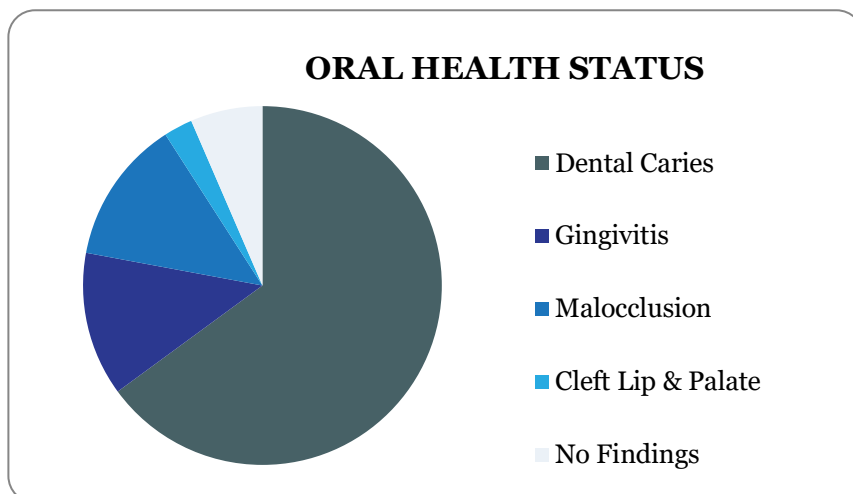
Method:

Awareness regarding role of sugar in dental caries was done. Students were taught about the role of carbohydrates and sugar in increasing the pH levels of the oral cavity and how it enhances the caries activity in the oral cavity. 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 preventive measures were explained. Tooth Brushing technique was explained. Mouth Scaling and fluoride application was done. Students were made aware about the role of sugar in dental caries.

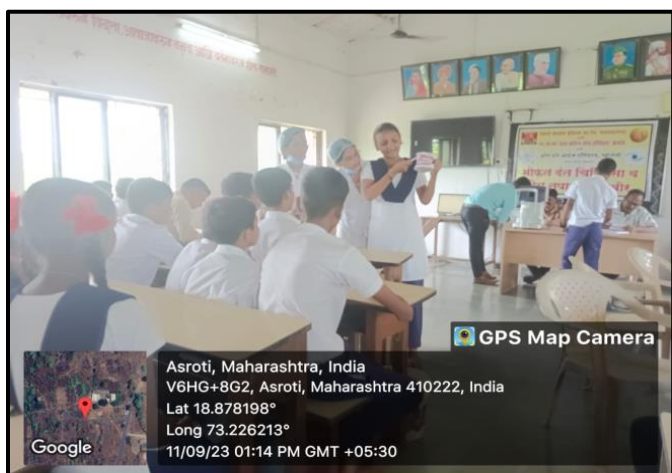
Observations: A total of 77 patients were examined for various dental problems. Students were detected with dental caries, gingivitis, malocclusion and few had cleft lip & palate too. The students when educated showed that their negligence about oral health even after knowing harmful effects of sugar .Fluoride application was done in 14 patients and scaling was done in 10 patients. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Dental caries	50	65
Gingivitis	10	13
Malocclusion	10	13
Cleft Lip & Palate	2	3
No Findings	5	6



Interpretation and conclusion:

1. Students even after being aware about the harmful effects of sugar were seen neglecting oral hygiene. Students must be made aware about the harmful effects of sugar and its role in enhancing dental caries and also effective oral hygiene methods were taught.
2. Dental caries is the most common problem among the patients followed by gingivitis.



Educating Students about the Role of Sugar In Dental Caries



Investigation Being Done by the Team Member

LIST OF ATTENDEES

Sr. No	List of Participants
Name of faculty	
1.	Dr. Ankit Shah
2.	Dr. Neeraj Kolge
Name of Interns & Students	
3.	Maitri Saiya
4.	Pranidhi Rachh
5.	Priyanka Gorde
6.	Mokshada Kadam
7.	Mariam Khan
8.	Pratiksha Mali
9.	Aditi Mishra
10.	KhushiChapherkar
11.	Tisha Chheda