



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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**TECHNIQUES FOR MANAGING BAD BREATH (Halitosis) AT SHRI NARAYAN
BABA CHARITABLE TRUST PANVEL**

Date: 16/01/2025

Venue: SNBCT, Panvel

Faculty: Dr. Kashmira Kadam, Dr. Pankaj Londhe

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

Number of Students attended:4

Bad breath, or halitosis, is a common oral health concern that can significantly impact an individual's confidence and social interactions. It is primarily caused by bacterial activity in the mouth, poor oral hygiene, dietary habits, dry mouth, or underlying medical conditions. Managing halitosis requires a combination of proper oral care, lifestyle modifications, and, in some cases, professional treatment. 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 Shri Narayan Baba Charitable Trust at Panvel with the intention of creating awareness about managing bad breath (halitosis).

Aim and objective:

1. To explore and evaluate effective techniques for managing bad breath (halitosis) by addressing its causes, prevention methods, and treatment options.
2. To identify the common causes of halitosis, including poor oral hygiene, dietary factors, dry mouth, and medical conditions.
3. To assess the effectiveness of various oral hygiene practices, such as brushing, flossing, and tongue cleaning, in reducing bad breath.
4. To evaluate the use of mouthwashes, dental treatments, and professional interventions in managing persistent bad breath.

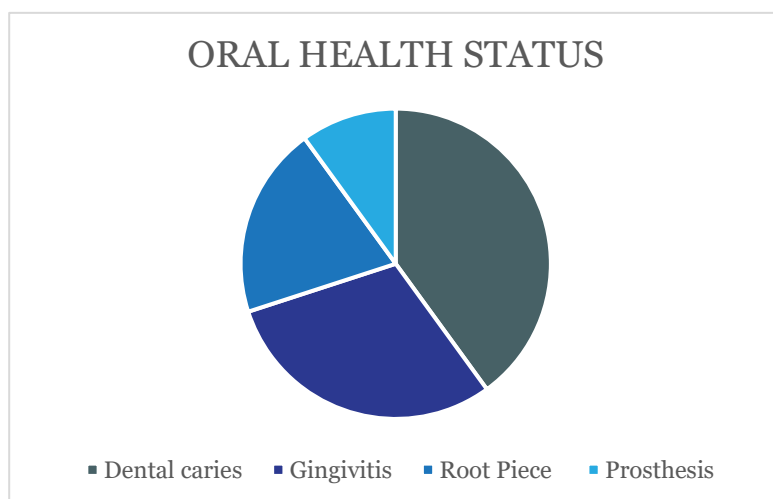
Method:

Participants will be selected based on predefined criteria, including individuals experiencing persistent bad breath and those without known systemic conditions affecting oral health. Data collection will involve structured questionnaires assessing oral hygiene habits, dietary patterns, hydration levels, and the use of oral care products. Additionally, clinical evaluations will be conducted to assess oral health status, plaque levels, tongue coating, and the presence of volatile sulfur compounds (VSCs), a key contributor to halitosis. A type II 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 bad breath affects oral health .

Observations: A total of 18 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	7	40
Gingivitis	5	30
Root piece	4	20
Prosthesis	2	10



Interpretation and conclusion:

1. The findings of this study highlight that halitosis is primarily influenced by poor oral hygiene, dietary habits, dry mouth, and underlying medical conditions. Regular brushing, flossing, and tongue cleaning significantly reduce bacterial buildup and volatile sulfur compounds (VSCs), which are the main causes of bad breath.
2. Hydration and dietary modifications, such as increasing water intake and reducing odor-causing foods, also play a crucial role in halitosis prevention. The use of antimicrobial mouthwashes and professional dental treatments further enhances oral freshness, particularly in individuals with persistent bad breath.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr. Kashmira Kadam
2.	Dr. Pankaj Londhe
Name of Interns& Students	
3.	Bhavesh patil
4.	Pallavi Shetkar
5.	Sneha Chauhan
6.	Pooja Reddy