



**MAHATMA GANDHI MISSION'S DENTAL COLLEGE &
HOSPITAL**

Accredited by NAAC with "A++" Grade
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**Oral Health Care Risks in Patients with Hypertension at Wavanje Primary
Health Care Centre**

Date: 12th February 2025

Venue: Wavanje PHC

Faculty: Dr. Rafeeq Nalband

NSS faculty Incharge : Dr. Aishwarya Patil

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

Number of Students Attended: 2

Hypertension (high blood pressure) is a major risk factor for cardiovascular diseases, but its impact on oral health is often overlooked. Research has established a strong link between hypertension and various dental issues, including periodontal disease, dry mouth (xerostomia), delayed healing, and an increased risk of oral infections. Additionally, antihypertensive medications can lead to side effects such as gingival overgrowth and reduced salivary flow, further exacerbating oral health concerns.

Oral health in hypertensive patients requires special attention, as poor gum health has been linked to worsening blood pressure control. Moreover, dental treatments in patients with high blood pressure require caution due to the risk of excessive bleeding and stress-induced spikes in blood pressure.

Aim and objective:

- To evaluate the oral health risks associated with hypertension and provide preventive and therapeutic care to affected individuals.
- To assess the prevalence of oral health issues among hypertensive patients.
- To identify the impact of antihypertensive medications on oral health.
- To educate patients about proper oral hygiene practices despite their medical condition.
- To provide necessary dental treatment to those in need.
- To encourage hypertensive patients to integrate oral care into their overall health management.

Method:

The camp was organized at Wavanje Primary Health Care Centre with the participation of faculty members, interns and dental professionals. It consisted of the following key activities:

1. Awareness Session: The camp started with a small talk on how hypertension affects oral health. We explained how high blood pressure and certain medications can lead to problems like gum disease, dry mouth, and delayed healing.
2. Oral Health Screening: Blood pressure readings were taken before starting dental evaluations. We checked for signs of gum disease, cavities, dry mouth, and medication-related oral changes. Patients were also asked about their oral hygiene habits, diet, and any dental discomfort they had been experiencing.
3. Treatment and Recommendations: Out of the 20 patients screened, 9 required immediate treatment, which included professional cleaning (scaling), fluoride application, and temporary fillings. Patients with severe conditions such as advanced gum disease or deep cavities were referred for specialised treatment. Every patient received personalised advice on maintaining oral health despite having hypertension.

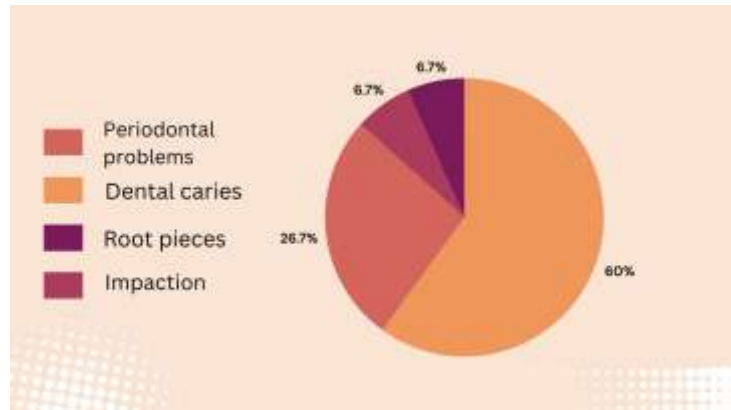
Observations:

During the screening of 20 hypertensive patients, the following key oral health issues were observed:

1. Gum Disease – Many had swollen, bleeding gums and plaque buildup

2. Dry Mouth – Common among patients taking antihypertensive medications
3. Delayed Healing & Oral Ulcers – Slow recovery from minor oral injuries
4. Tooth Decay – Several patients had untreated cavities and sensitivity
5. Gum Overgrowth – Thickened gum tissue, likely a side effect of calcium channel blocker

Conditions	Number of patients
Dental caries	12
Periodontal disease	6
Root piece	01
Prosthesis	01



Interpretation and conclusion:

The camp revealed that oral health issues are widespread among hypertensive patients, yet most of them are unaware of the risks. It was clear that medication side effects, combined with poor oral, hygiene habits, contributed to gum disease, dry mouth, and delayed healing.



List of Attendees

Name of Staff	
1.	Dr. Rafeeq Nalband
Name of Interns	
2.	Rajni Kokate
3.	Tuba Penkar

