



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



TECHNIQUE FOR MANAGING BAD BREATH AT SNBCT, PANVEL

Date: 16/02/2025.

Venue: SNBCT ,New Panvel .

Faculty: Dr. Mausami Malgaonkar, Dr. Pankaj Londhe,.

Organizing Agency: PHD Dept, MGMDCH, NSS Unit of MGMDCH

Number of Students attended: 04

Brushing: Brush your teeth at least twice a day with a fluoride toothpaste to remove bacteria and food particles. Flossing: Floss once a day to remove food particles and plaque from between your teeth. Tongue scraping: Use a tongue scraper to remove bacteria and debris from the surface of your tongue. Mouthwash: Rinse with a mouthwash that contains antibacterial ingredients to help kill bacteria. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the SNBCT with the intention of creating awareness about role of proper flossing techniques and providing oral health care to the patients.

Aim and objective:

- 1.To educate students about importance of maintaining bad breath in dental.
- 2.To assess the oral health status of patients.
- 3.To educate and create awareness about oral health

Method:

Explain the importance: Use simple language to explain maintaining the importance of bad breath is necessary and how it helps remove food particles and plaque. Choose the right tools: Select a child-friendly floss or an interdental floss pick with a small head and soft bristles. Demonstrate and assist : Show children how to floss and assist them until they develop the necessary skills.

Dietary Changes

1. Stay hydrated: Drink plenty of water to keep your mouth moist and wash away bacteria.
2. Avoid strong-smelling foods: Avoid eating foods with strong smells, such as garlic, onions, and fish.
3. Eat crunchy fruits and vegetables: Crunchy fruits and vegetables, such as apples and carrots, can help clean your teeth and stimulate saliva production.
4. Avoid sugary and acidic foods: Avoid eating sugary and acidic foods, such as candy and soda, which can contribute to tooth decay and bad breath.

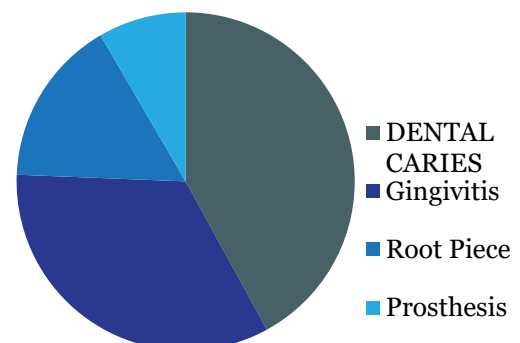
Students were explained about how the importance of maintaining the bad breath interacts with plaque bacteria in our mouth and how this interaction leads to the production of acid, which in turn causes tooth decay by dissolving tooth enamel. Plaque bacteria rely on sugar as an energy source, and when provided with ample amounts of sugar, they thrive and produce more acid. Reducing the consumption of sugary snacks and beverages is crucial in preventing dental caries. All this was explained using pictorial banner during the program.

After the awareness program, oral examination was conducted using tongue depressors for the children. All the students 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.

Observations:

1. It was observed that students had a high history of consumption of sugar in their daily diet and were advised to control the frequency and amount of sugar intake by explaining how it can cause various dental problems.
2. A total of 86 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Dental caries	43	50
Gingivitis	34	40
Root piece	16	19
Prosthesis	9	10



Interpretation and conclusion:

1. Seeing a high amount of intake of sugar in their diet, students were advised to reduce the consumption of sugary snacks and beverages, Limit snacking between meals and consider consuming sugary foods only at mealtimes.
2. Dental caries is the most common problem among the patients followed by gingivitis.
3. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients.



TEAM MEMBERS WHO ATTENDED
THE CAMP



List of Attendees

Sr No	Name of Staff
1.	Dr.Kashmira Kadam
2.	Dr.Pankaj Londhe

Sr No	Name of interns
1.	Bharti jat
2.	Mihit Kankariya
3.	Priyanka Harpalkar
4.	Mahesh Survase