



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
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### TIPS FOR MANAGING ORAL HEALTH DURING STRESS

**Date:** 16 February 2025

**Venue:** Karjat

**Faculty:** Dr. Swati singh

**Nss faculty incharge :** Dr Aishwarya patil

**Organizing Agency:** PHD Dept, MGMDCH, NSS unit of MGMDCH , Rotary Club.

**Number of Students attended:** 4

MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the children at SIES with the intention of providing proper oral health care to the patients.

Stress can negatively impact oral health, leading to issues like teeth grinding, gum disease, and poor hygiene habits. Here are some tips to maintain oral health during stressful times:

- Prevent Teeth Grinding (Bruxism) ●Be mindful of clenching your jaw, especially during work or sleep. ●Use a mouthguard at night if needed ●Practice relaxation techniques like deep breathing or meditation.
- Maintain a Consistent Oral Hygiene Routine ●Brush twice daily with fluoride toothpaste. ●Floss daily to prevent gum disease. ●Use an antimicrobial mouthwash to reduce bacteria.
- Eat a Balanced Diet ●Avoid sugary snacks and acidic drinks, which can cause cavities. ●Increase intake of calcium-rich foods like dairy, nuts, and leafy greens. ●Stay hydrated to prevent dry mouth.

Manage Dry Mouth:

- Drink plenty of water. ●Chew sugar-free gum to stimulate saliva production. ●Avoid alcohol and caffeine, which can worsen dryness. ● Reduce Stress Levels ●Engage in physical activity or hobbies you enjoy. ●Get enough sleep to allow your body to recover. ●Practice mindfulness or yoga to manage stress.

6. Visit Your Dentist Regularly: Keep up with dental check-ups to catch any issues early. If experiencing jaw pain or gum problems, seek professional advice. Managing stress effectively can protect both your overall health and your oral health. Do you experience any specific oral health issues during stressful periods?

### **Aim and objective:**

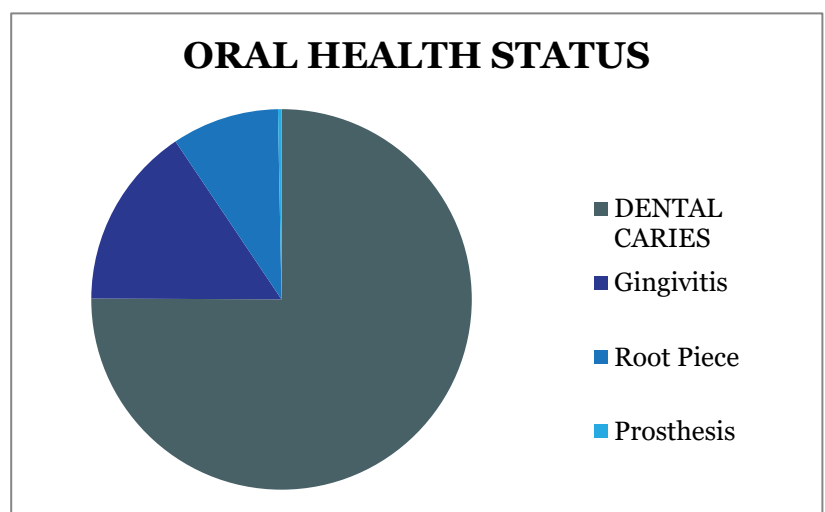
#### **Aim:**

- To promote and maintain good oral health during periods of stress by implementing effective hygiene practices, stress management techniques, and preventive care strategies.

#### **Objectives:**

- To raise awareness about the impact of stress on oral health, including conditions like bruxism, gum disease, and dry mouth.
- To encourage proper oral hygiene practices, such as regular brushing, flossing, and using mouthwash, even during stressful periods.
- To highlight the importance of a balanced diet in preventing stress-related oral health issues.
- To provide strategies for managing teeth grinding and jaw clenching, such as relaxation techniques and the use of mouthguards.

| Condition     | No. of individuals | Percentage % |
|---------------|--------------------|--------------|
| Dental caries | 120                | 75           |
| Gingivitis    | 28                 | 15.5         |
| Root piece    | 15                 | 9.1          |
| Prosthesis    | 9                  | 0.3          |





Investigation of patients at the camp site



**List of Attendees**

| <b>Sr. No</b>          | <b>List of Participants</b> |
|------------------------|-----------------------------|
| <b>Name of faculty</b> |                             |
| 1.                     | Dr. Swati singh             |
| <b>Name of Interns</b> |                             |
| 1                      | Tuba penkar                 |
| 2                      | Anamika chauhan             |
| 3.                     | Rajni kokate                |
| 4.                     | Sona pathak                 |