



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
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AWARENESS ABOUT IMPORTANCE OF VITAMINS AND MINERALS FOR VISITORS OF SHRI NARAYAN BABA CHARITABLE TRUST, PANVEL

Date: 04/01/24

Venue: Shri Narayan Baba Charitable Trust, Panvel

Faculty: Dr. Kashmira Kadam, Dr Prachiti Terni

Organizing Agency: Department of Public Health Dentistry, NSS Unit, MGMDCH & Shri Bhagwati Sai Sansthan, Panvel

Number of Students attended:4

Vitamins and minerals play a crucial role in our oral health. Consuming a balanced diet rich in calcium, vitamin D, vitamin C, phosphorus, vitamin A, potassium, magnesium, and fluoride can help prevent tooth decay and maintain healthy teeth and gums. MGM Dental College & Hospital along with NSS unit conducts dental camp for educating and promoting good oral health care among the community members. This was extended to visitors SNBS Panvel with the aim to create awareness oral health and nutrition.

Aim and objective:

1. To create awareness among people about the role of vitamins and minerals in maintaining oral health.
2. To assess the oral health status of patients.
3. To provide basic dental care for their existing dental problems.

Method:

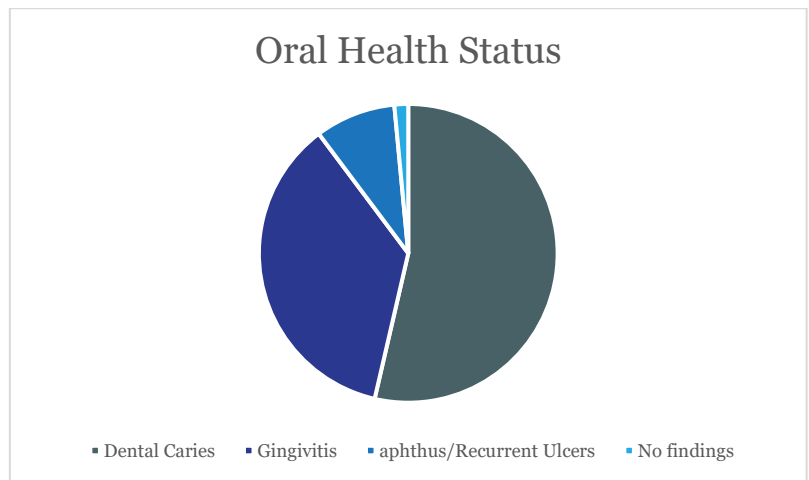
The patients were assessed using a mouth mirror and probe on the dental chair. The oral health statuses of the visitors were evaluated and they were explained about the benefits of nutrition on oral health. People were informed about the various diseases of the oral cavity caused due to deficiency of vitamins as

follows; vitamin A deficiency causes hyperkeratosis of oral epithelium, Vitamin B12 deficiency causes apthous ulcers, vitamin C deficiency causes gingival bleeding and swelling and Vitamin D deficiency causes hypocalcification of teeth. Various preventive and corrective measures to be undertaken were explained to the patients. The visitors who consented for treatment were provided with basic dental care for their existing dental problems. Visitors having extensive dental problems were referred to MGM Dental College & Hospital for further treatment.

Observations: A total of 14 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

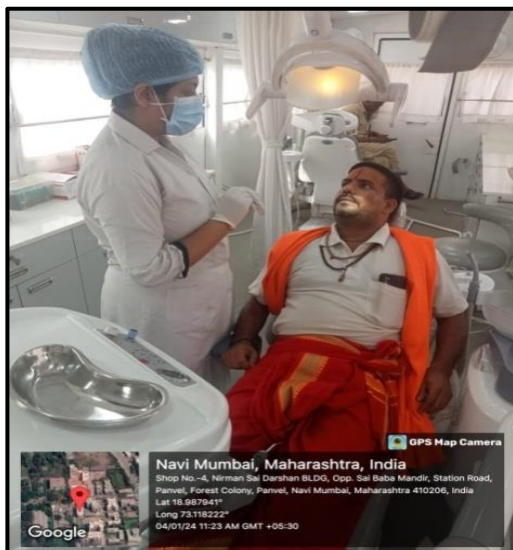
Oral health status:

	No. of individuals	Percentage %
Dental caries	6	43
Gingivitis	4	29
Recurrent ulcers	1	7
No findings	3	21



Interpretation and conclusion:

- Knowledge of visitors regarding nutrition was good.
- Dental caries and gingivitis were most prevalent in the evaluated group. This was followed by periodontitis. Preventive and corrective measures were undertaken to prevent further deterioration of oral health.
- Treatment: As a part of preventive treatment measures, composite filling was done and oral prophylaxis was provided to the patients at SBSS, Panvel.



Investigation Being Done by the Team Members

LIST OF ATTENDEES

Sr. No	Name of faculty
1	Dr. Kashmira Kadam
2.	Dr Prachiti Terni
	Name of Interns & Students
3.	Sakshi Bhirud
4.	Pradnya Chaure
5.	Pragati Tule
6.	Nidhi Gujar