



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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AWARENESS ABOUT 'IMPORTANCE OF FLUORIDE' AT SHRI NARAYAN BABA CHARITABLE TRUST, PANVEL

Date: 18th July 2024

Venue: Shri Narayan Baba Charitable Trust, Panvel

Faculty: Dr. Kashmira Kadam, Dr. Prachiti Terni

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS unit of MGMDCH & Shri Narayan Baba Charitable Trust, Panvel

Number of Students attended: 06

Fluoride is a natural element that strengthens teeth and prevents their deterioration. Experts believe that the best way to prevent cavities is use of fluoride from multiple sources. Fluoride in small amounts naturally occurring water sources and it can be found in foods such as meat, fish, eggs and tea. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the population visiting Shri Narayan Baba Charitable Trust, Panvel with the intention of creating awareness about importance of fluoride in maintaining a proper oral health and providing oral health care to the patients.

Aim and objective:

1. To educate students about role of fluoride in oral health
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

Method:

Students were explained about the importance fluoride in oral health. Fluoride is a natural element that strengthens teeth and prevents their deterioration. Experts believe that the best way to prevent cavities is use of fluoride from multiple sources. Fluoride in small amounts naturally occurring water sources and it can be found in foods such as meat, fish, eggs and tea. Fluoride prevents tooth decay by making the enamel more resistant to

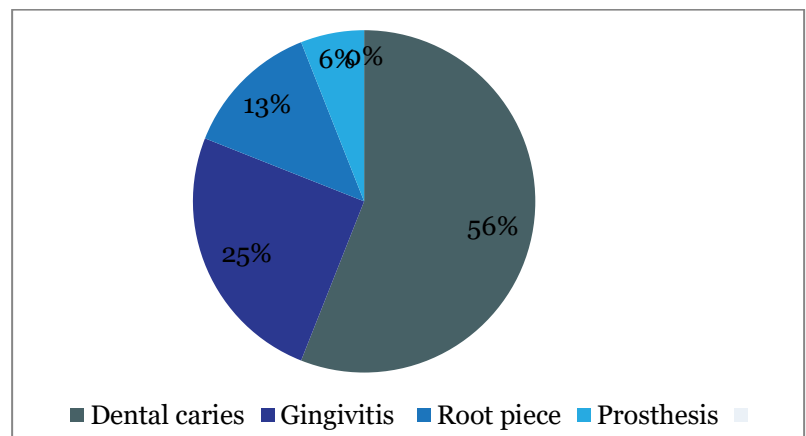
the action of acids. They and accelerate the buildup of healthy minerals in the enamel, further slowing the occurrence of decay. Studies even show that in some cases, fluoride can stop already started teeth decay. All this was explained using pictorial banner during the program.

After the awareness program, oral examination was conducted using mouth mirror and probe. 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 preventive measures were explained.

Observations:

1. It was observed that patients had history of consuming high sugar diet due to which percentage of dental caries increased.
2. A total of 16 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	9	56
Gingivitis	4	25
Root piece	2	13
Prosthesis	1	6



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.
4. Patients were informed about the importance of fluoride usage in their daily routine which could eventually reduce the risk of dental caries.



Oral Health screening and scaling done by the team members

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Kashmira Kadam
2.	Dr. Prachiti Terni
Name of Interns& Students	
3.	Vallabh Sawant
4.	Nidhi Choudhari
5.	Akanksha Gaurav
6.	Vaishnavi Newase
7.	Desarda Vinit Sanjay
8.	Doshi Priyanshi Hitesh