



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 DO'S AND DON'Ts IN ORAL HEALTH AT LOKNETE RAMSETH THAKUR PUBLIC SCHOOL, ULWE

Date: 30th July 2024

Venue: Loknete Ramshet Thakur Public School, Ulwe

Faculty: Dr. Swati Singh, Dr. Neeraj Kolge

Organizing Agency: Department of Public Health Dentistry, NSS unit of MGMDCH, Lions club of Kamothe

Number of Students attended: 06

Dental Hygiene is important. Those who practice good oral habits reap the benefits, while the latter, not so much. Most of us have a great deal of control over whether or not we keep our teeth as we age. Those who don't follow a proper routine, end up losing their teeth, thus requiring the need of tooth replacement (such as dentures, dental implants, etc.). Dental cleanliness is critical to keep teeth strong and control teeth issues before they become excruciating, troubling, and costly to treat. Strong teeth and gums empower individuals to eat and talk appropriately while causing them to look and feel better. Dental cleanliness ought to be essential for everybody's dental preventive care and can be taken care of through basic daily hygiene habits and routine visits to the dentist. 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 Loknete Ramshet Thakur Public School, Ulwe with the intention of creating awareness about importance of do's and don'ts in maintain a good oral hygiene.

Aim and objective:

1. To educate students about importance of Dental Caries and its prevention
2. To assess the oral health status of patients.
3. To educate and create awareness about the do's and don'ts in maintaining a good oral hygiene

Method:

Students were explained about the importance of learning about the do's and don'ts in maintaining a good oral hygiene. **Do:** Establish a consistent oral hygiene routine, Brush after breakfast/coffee in the am, Scape your tongue, Floss using proper technique, Use mouthwash to remove any remaining debris. Drink plenty of water to maintain a neutral ph in the mouth, Midday advice – use a xylitol based gum or mints to keep bacteria at bay, Use an automatic toothbrush, Use soft bristles, Rinse with water after drinking acidic beverages

Don't: Stay away from consuming excessive amounts of acidic beverages, Use alcohol based mouthwashes – (dehydrates saliva flow, causes irritation and ulcers to tissues), Consume large amounts of sugary or acidic based food/drinks, Stay away from toothbrush bristles that can be damaging to enamel and gum tissue, Be too aggressive with brushing – (technique is more important than forced pressure), Forget to brush before bed – (water only after brushing before bed), Sleep with mouth open – (dries out mouth, leading to no saliva flow, which leads to increased risk for cavities and periodontal problems), Overdo whitening toothpastes or bleaching treatments – (can lead to sensitivity and thinning of enamel)

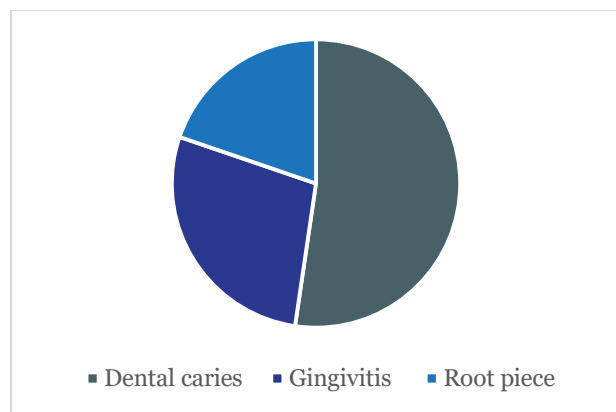
All this was explained using pictorial banner during the program.

After the awareness program, oral examination was conducted using tongue depressor in day light. 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 302 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	136	45
Gingivitis	73	24
Root piece	52	17



Interpretation and conclusion:

1. Seeing a high percentage of population affected by dental caries indicated they were not aware of proper brushing technique. They were advised to visit dentist once a year and asked for dental checkup. brush twice daily in modified bass technique and use of floss were encouraged.
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



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Swati Singh
2.	Dr. Neeraj Kolge
Name of Interns & Students	
3.	Nidhi Choudhari
4.	Michelle Fernandes
5.	Akansha Gaurav
6.	RoshiKushalani
7.	Ipshita Singh
8	Jangid Sakshi Rajendra