



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 INTER DENTAL AIDS AT SUVIDHA CENTRE ,PREM NAGAR, DHARAVI

Date: 30th JUNE 2024

Venue: Suvidha Centre, Prem Nagar

Faculty: Dr. Deeksha Shetty, Dr. Prachiti Terni

Organizing Agency: Department Of Public Health Dentistry,, MGMDCH, MGMDCH, IDA, Hindustan Unilever Ltd & United Way Mumbai

Number of Students attended: 04

Optimization of plaque control is essential for the success of non-surgical and surgical periodontal therapy. This cannot be achieved with brushing alone; hence, there is a need for adjunctive interdental cleaning aids. Almost 100% of adults are affected by dental caries. The disease concentrates in groups with low socioeconomic status, and despite being easily preventable, its prevalence did not significantly decrease over the last thirty years. Inter-proximal food lodgment can, at times, lead to inflammation. The length of the interdental papilla varies. As a result, there is room for accumulation of food debris below the contact point. 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 Suvidha Centre, Prem Nagar with the intention of creating awareness about importance of brushing technique and providing oral health care to the patients.

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 oral health and utilization of interdental aids for maintaining a good oral hygiene.

Method:

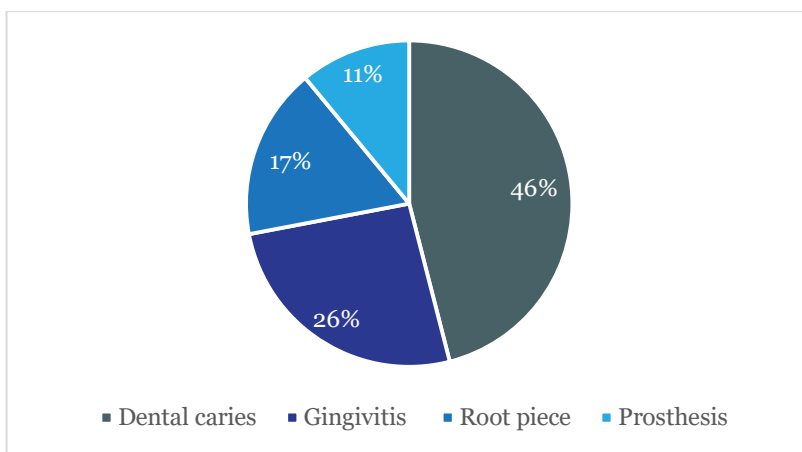
Students were explained about the importance of learning about the different interdental aids and its effect on gingival health. Various interdental cleaning aids, such as dental floss, interdental brushes, or rubber-tipped water flossers (irrigators), wooden sticks assist in plaque removal. Plaque is the culprit for initiation of gingivitis and periodontitis which must be prevented and controlled. Brushing is more effective at cleaning buccal and lingual surfaces than interproximal surfaces. Hence the use of interdental aids becomes important in cleaning of the interproximal areas.

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 35 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	16	46
Gingivitis	9	26
Root piece	6	17
Prosthesis	4	11



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.

4. Interdental cleaning aids are critical for maintaining optimal gingival health and avoiding oral disease. There are numerous devices available for use; however, interproximal brushes have been shown to be more widely accepted in practise when used in conjunction with tooth brushing. The appropriate interproximal cleaning aid is determined by the ease of use, the size of the interproximal space, the individual's acceptability, dexterity, and motivation. Thus, the dentist can make a recommendation based on the unique characteristics of each patient.



Team Member explaining brushing technique to the students



Team Member conduction oral examination

List of Attendees

Sr. o	List of Participants
Name of faculty	
1.	Dr. Deeksha Shetty
2.	Dr. Prachiti Terni
Name of Interns	
3.	Vaishnavi
4.	Anshika Singh
5.	Sakshi Verur
6.	Akanksha