



**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
E-Mail ID: mgmdch@mgmmumbai.ac.in



AWARENESS ABOUT FLOSSING TECHNIQUE AT WAWANJE PHC

Date: 10th April 2024

Venue: WAVANJE PHC

Faculty: Dr. Ankit Shah, Dr. Neeraj Kolge

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH

Number of Students attended: 04

Accumulation of dental plaque will cause periodontal disease and tooth decay. However, tooth brushing can only remove the dental plaque from the outer surfaces, inner surfaces and chewing surfaces of teeth. Thus, dental flossing is necessary to remove the dental plaque accumulated on adjacent tooth surfaces. The oral care initiative was also extended to patients at Wavanje PHC with the intention of creating awareness about the importance of nutrition in maintenance of good oral hygiene.

Aim and objective:

1. To assess the oral health status of patients and to provide necessary Dental treatment.
2. To educate them and create awareness about swelling of gingiva and its etiology
3. To assess the gingival health of the individuals visiting the camp for check-up.

Method:

Proper Flossing Technique

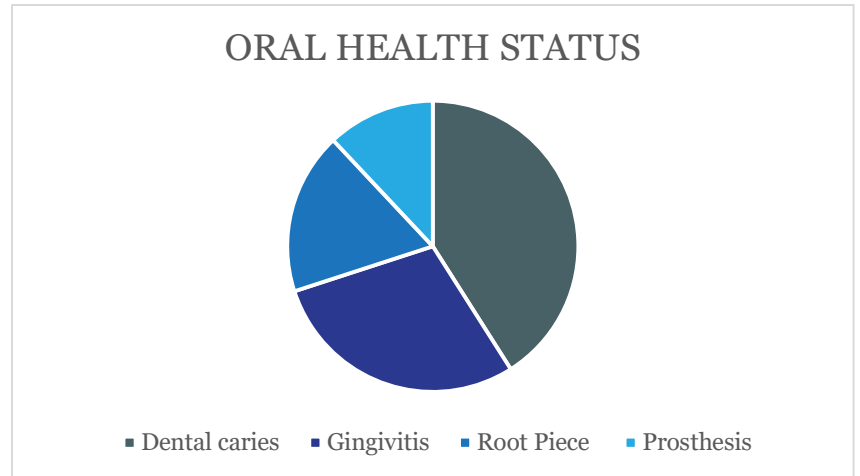
- Use about 18 inches of floss, so you have a clean piece of floss to use on each tooth in the cleaning process.
- Curve the floss into a C-shape as you slide it up and down along the side of each tooth.
- Don't forget to floss the back sides of your back teeth on both the left and right of the upper and lower teeth

A type II examination was carried out with the use of 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 how swelling of gingiva can affect their general health.

Observations: A total of 17 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

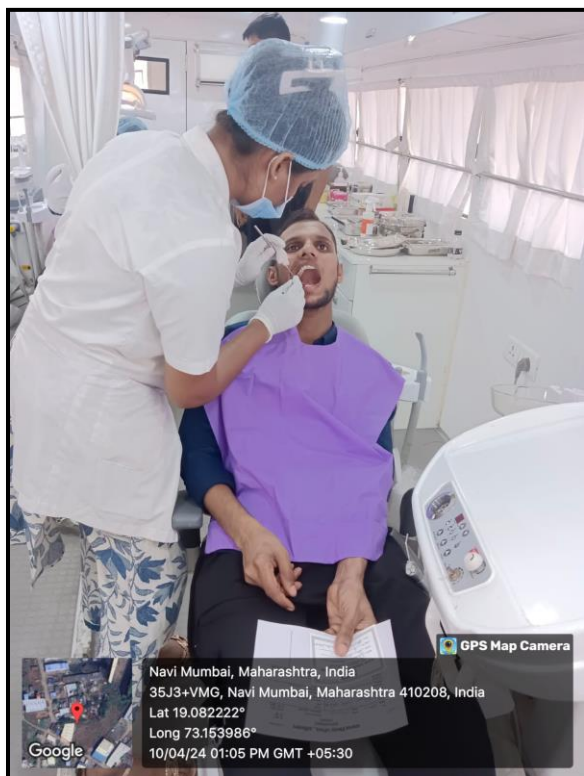
Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	7	41
Gingivitis	5	29
Root piece	3	18
Prosthesis	2	12



Interpretation and conclusion:

1. Dental caries and gingivitis are the most common problem among the patients which can be reduced by utilizing proper diet and nutrition and also the facilities available the PHC.
2. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Majority of the oral diseases are due to lack of proper health education of the patient and insufficient dietary intake.
3. The various etiology of gingival swelling was explained to the patient and they were encouraged to report to a dentist in case of any oral disease.



Dental treatment done by the dental team



Oral Examination done by our dental team

List of Attendees

Name of Staff	
1.	Dr. Ankit Shah
2.	Dr. Neeraj Kolge
Name of Interns& Students	
3.	Kanupriya Ojha
4.	Kesarwani Lallu
5.	Nandana Nambiar
6.	Neroorkar Sacheen