



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 VITAMINS AND MINERALS AT SHREE NARAYAN BABA CHARITABLE TRUST, PANVEL

Date: 18th April 2024

Venue: Shree 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

The association between vitamins and oral health has recently been discussed, yielding increased attention from medical and dental perspectives. The present review aimed to systematically evaluate and appraise the most recently scientific papers investigating the role of vitamins in the prevention and treatment of the main oral diseases as hard dental pathological processes and gum/periodontal disease. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to patients at Shree Narayan Baba Charitable Trust, Panvel 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:

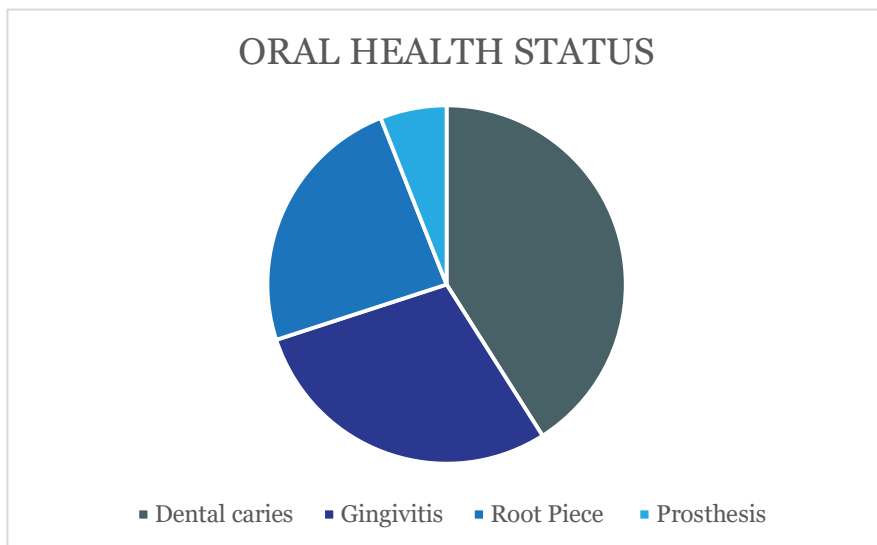
Students were explained about the importance of vitamins and minerals in development of teeth and also the overall health of the individual. Minerals are inorganic substances required in small amounts in the body. They are essential for the formation of bones and teeth. Minerals are absorbed better by the body when taken from food instead of supplements. Some minerals are required in large quantities than others (e.g., calcium, magnesium, phosphorus, potassium, sodium), and some in small amounts (e.g., iron, zinc, iodine, fluoride).

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	4	24
Prosthesis	1	6



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.



INVESTIGATION AND TREATMENT DONE BY THE TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr. Kashmira Kadam
2.	Dr. Prachiti Terni
Name of Interns& Students	
3.	Ingle Neha Ashruba
4.	Vaishali Waghmare
5.	Shruti Jadhav
6.	Sneha Kalsekar
7.	Vedant Patil
8.	Swayam Patil