



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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IMPORTANCE OF NUTRITION IN MAINTENANCE OF GOOD ORAL HYGIENE AT TARABEN MASTER SCHOOL, SANTACRUZ

Date: 04th July 2024

Venue: Taraben Master School, Santacruz

Faculty: Dr. Swati Singh, Dr. Neeraj Kolge

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS unit of MGMDCH , Rotary club of Mumbai Western Elite

Number of Students attended: 7

Nutrition influences the development of the oral cavity: depending on whether there is an early or late nutritional imbalance, the consequences are certainly different. An unhealthy diet has been implicated as risk factors for several chronic diseases that are known to be associated with oral diseases. Consistent nutrition guidelines are essential to improve health. There is a strong association of nutrition and oral health conditions with many inter-relating factors. Malnutrition may influence growth and development orofacial components, oral mucosal and dental diseases and oral cancer. Similarly, compromised oral health may affect daily dietary intake, which consequently degrades the nutritional status. 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 Taraben Master School 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 about the importance of nutrition in maintaining good oral Hygiene.
3. To assess the relation between good nutrition and oral health.

Method:

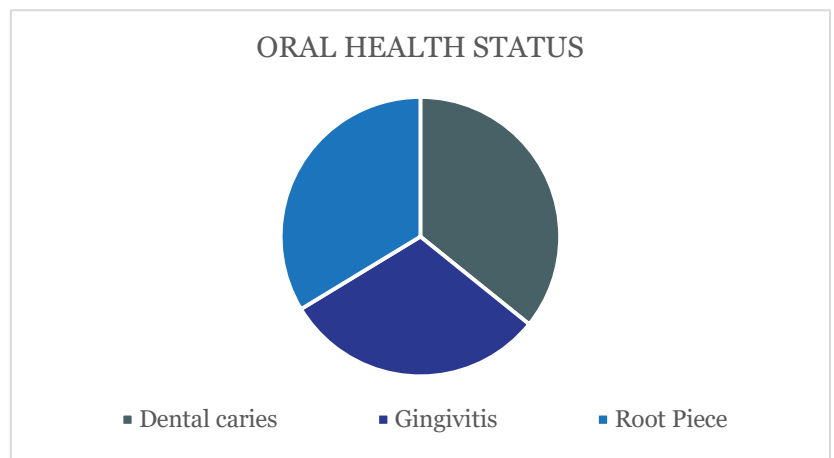
Students were explained about the importance of diet and nutrition in oral health. To maintain health, the human body needs daily nourishment in the form of carbohydrates, proteins and minerals. The associations between oral health conditions, dietary practices and nutritional status, and general health status are complex with many interrelating factors. Inadequate nutrition can affect the oral health including dental caries, periodontal diseases, diseases of oral mucosa and infectious diseases. All this was explained using pictorial banner during the program.

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

Observations: A total of 610 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

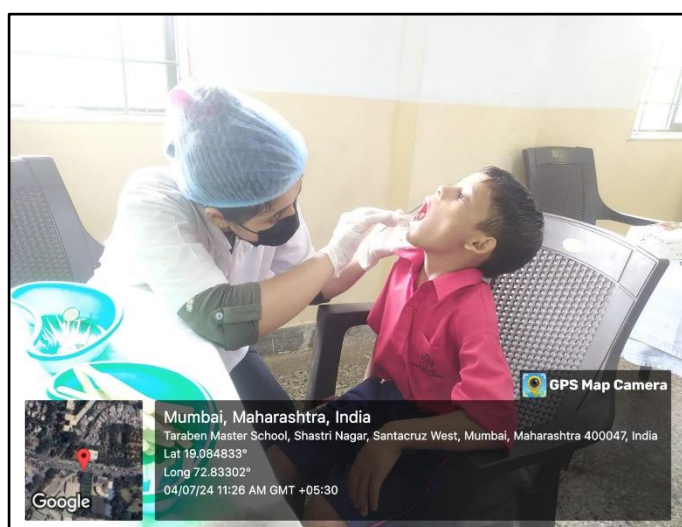
Condition	No. of individuals	Percentage %
Dental caries	210	34
Gingivitis	176	29
Root piece	197	32



Interpretation and conclusion:

1. Dental caries and gingivitis are the most common problem among the patients which can be reduced by educating them regarding proper brushing technique along with utilization of different interdental aids.

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 nutritional food items were informed to the children and their positive benefits were explained to them.



INVESTIGATION BEING DONE BY THE TEAM MEMBERS

List of Attendees

Name of Staff	
1.	Dr. Swati Singh
2.	Dr. Neeraj Kolge
Name of Interns & Students	
3.	Shivang Ojha
4.	Vishal Obhan
5.	Savi Patil
6.	Tejal Rane
7.	Alfiya Shaikh
8.	Asmi Sachin Mahale
9.	Aundhkar Swayam Vikas