



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 ILL EFFECTS OF JUNK FOOD ON ORAL HEALTH AT D.S. HIGH SCHOOL SION

Date: 26/03/2024

Venue – D.S. HIGH SCHOOL SION

Faculty: Dr. Ankit Shah, Dr. Prachiti Terni

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

Number of Students attended: 6

It is a popular belief that junk food is associated with health problems. Doctors suggest that junk food is directly responsible for heart diseases. However, it does much more than that. Believe it or not, your dental health too, affected by junk food. You may ask, "How does it affect my mouth if I brush and floss regularly?" The answer is, brushing and flossing are not enough to prevent the reactions that are brought about by junk food. Furthermore, brushing and flossing do not perfectly clear your mouth; they only help you in maintaining your dental hygiene. Almost every junk food item that you consume regularly, has an oral health issue associated with it.

The MGM Dental College & Hospital conducted a dental camp for educating and promoting awareness about effect of junk food on oral health. The services were extended to the population D.S. High School, Sion with the aim to create awareness about ill effects of Junk food on Oral Health.

Aim and objective:

1. To assess the oral health status of the population
2. To create awareness about the diet and dental caries
3. To provide basic dental care for their existing dental problems.

Method:

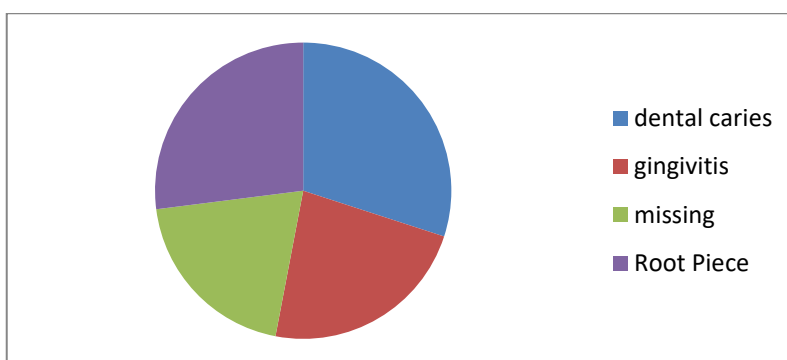
The fast foods and carbonated drinks you are taking contain acidic compounds like acrylamide, amino acids, phosphoric acids. The starch contents in junk foods made them delicious and more sticky. The leftover (debris) stuck over the teeth surfaces and lodged between the teeth gaps stay there until you clean your teeth. The excessive amount of sugar in carbonated drinks like soda acts as catalysts for oral infection. The sugary compounds feed up the microbes to produce acids that not only damage the enamel but also cause cavities. Taking fast foods to reduce appetite will not be detrimental until you consume them in control. The complications arise when you take such carbonated foods too often. Then you have to spend time in hospitals to address the complications provoked by your favorite delicious but unhealthy junk foods.

A type III examination was carried out with the use of Tongue depressor. 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 587 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

	No. of individuals	Percentage %
Dental caries	176	30
Gingivitis	136	23
Missing	114	19
Root piece	161	27



Interpretation and conclusion:

- Knowledge of visitors regarding nutrition was good .
- Dental caries and gingivitis were most prevalent in the evaluated group. This was followed by missing. Preventive and corrective measures were undertaken to prevent further deterioration of oral health.

- Treatment: As a part of preventive treatment measures, silver amalgam filling was done and oral prophylaxis was provided to the patients at MGMDCH, Kamothe, Navi Mumbai.



Investigation done by the team members



Investigation done by the team members

List of Attendees

Sr. No	Name of faculty
1	Dr. Ankit Shah
2	Dr. Prachiti Terni
	Name of Interns& Students
3	Shardool Jagtap
4	Kanupriya Ojha
5	Sonal Kesarwani
6	Prajakya Jamsandekar
7	Ishita Sonone
8	Spruha Surve