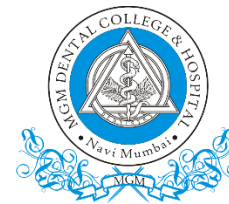




MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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



ROLE OF SUGAR IN DENTAL CARIES AT THANE RTO

Date: 5th July 2024

Venue: Thane RTO Camp

Faculty: Dr. Vaibhav Thakkar

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS unit of MGMDCH, IDA & RTO

Number of Students attended: 6

Dental caries is a chronic disease which can affect us at any age. The term "caries" denotes both the disease process and its consequences, that is, the damage caused by the disease process. Dental caries has a multifactorial etiology in which there is interplay of three principal factors: the host (saliva and teeth), the micro flora (plaque), and the substrate (diet), and a fourth factor: time. The role of sugar (and other fermentable carbohydrates such as highly refined flour) as a risk factor in the initiation and progression of dental caries is overwhelming. 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 THANE RTO with the intention of creating awareness about the effect of sugar in dental caries.

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 the role of sugar in dental caries.
3. To assess the effect of sugar on increase in the DMFT scores.

Method:

Of the many factors that contribute to the development of dental caries, diet plays an important role. Fifty years ago dietary issues relevant to dental caries were largely concerned with dietary sugars. Although sugars are undoubtedly the most important dietary factors in the etiology of dental caries, today's diet contains an

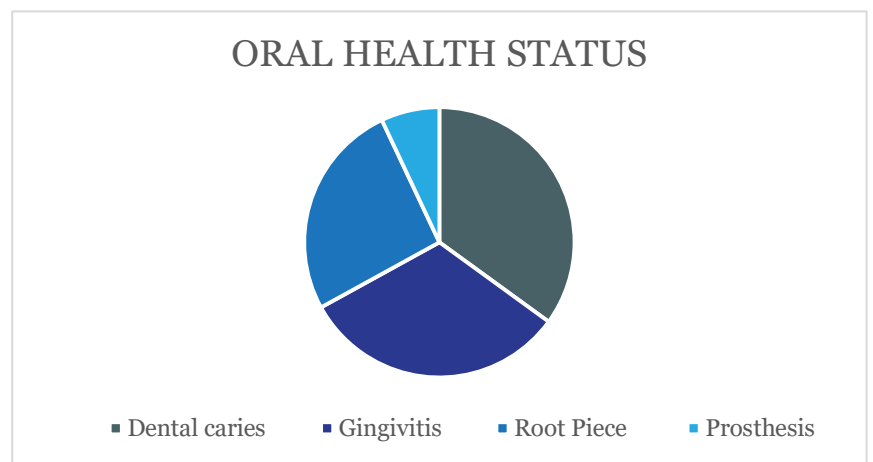
increasing range of fermentable carbohydrates, including highly processed starch-containing foods and foods that contain novel synthetic carbohydrates such as oligofructose, sucralose, and glucose polymers.

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 101 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

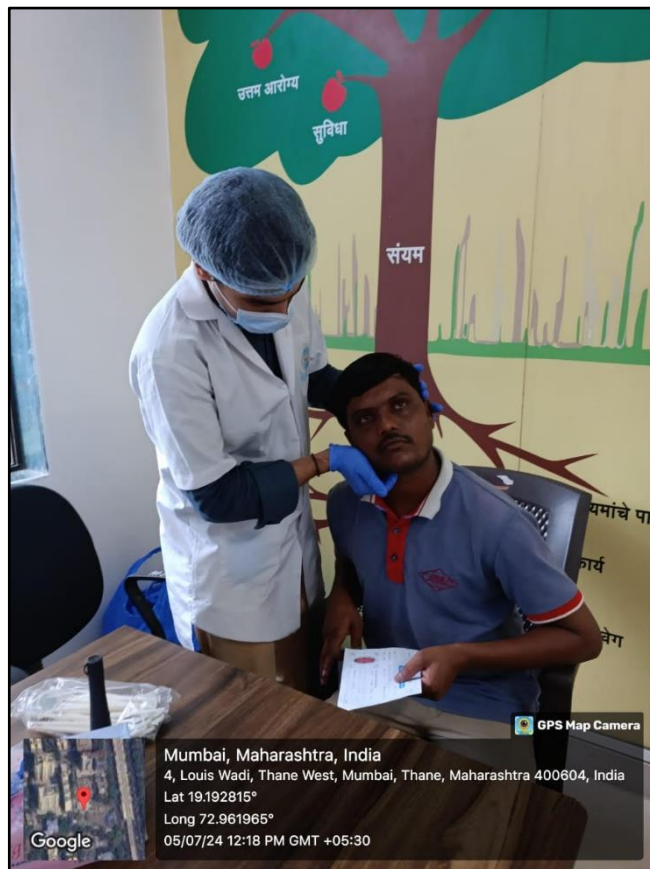
Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	35	35
Gingivitis	32	32
Root piece	26	26
Prosthesis	8	7



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.
3. The role of sugar in increase in the number of dental caries were explained to the patient.



INVESTIGATION BEING DONE BY THE TEAM MEMBERS

List of Attendees

Name of Staff	
1.	Dr. Vaibhav Thakkar
Name of Interns& Students	
2.	Shivang Ojha
3.	Savi Patil
4.	Alfiya Shaikh
5.	Pranoti Khandare
6.	Bakshi Asma Motasim
7.	Basu Anahita Sudip