



**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 JUNK FOOD AND ORAL HEALTH AT SUVIDHA CENTRE
NAIK NAGAR DHARAVI

Date: 21st April 2024

Venue: Suvidha Centre Naik Nagar, Dharavi

Faculty: Dr. Vaibhav Thakkar

Organizing Agency: Department Of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH, IDA, Hindustan Unilever Ltd & United Way Mumbai

Number of Students attended: 06

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 oral care initiative was also extended to patients at Suvidha Centre, Dharavi 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:

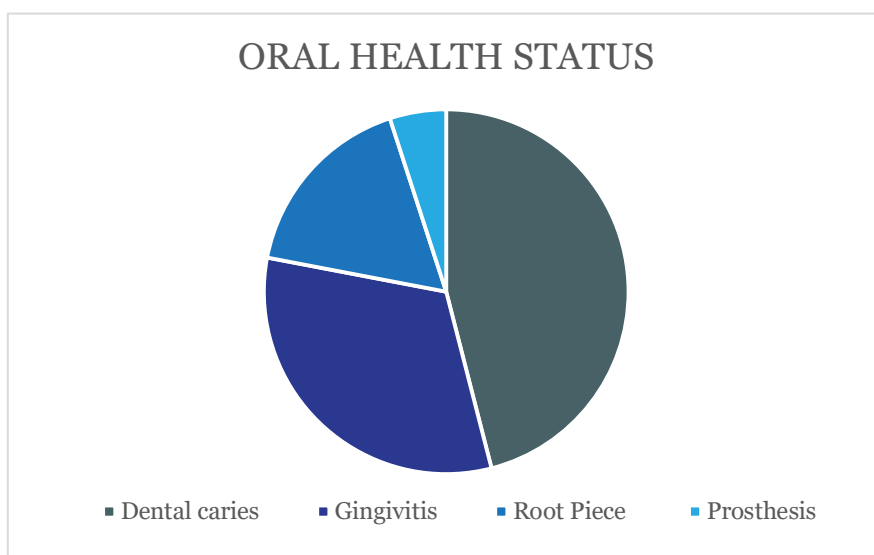
The fast foods and carbonated drinks you are taking contain acidic compounds like acrylamide, amino acids, phosphoric acids. The starch contents in junk foods made them delicious and more sticky. The leftover (debris) stuck over the teeth surfaces and lodged between the teeth gaps stay there until you 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 72 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	33	46
Gingivitis	23	32
Root piece	12	17
Prosthesis	4	5



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 DONE BY THE TEAM OF DENTIST

List of Attendees

Name of Staff	
1.	Dr. Vaibhav Thakkar
Name of Interns& Students	
2.	Dinesh Gunjal
3.	Jaini Gada
4.	Manasi Galapure
5.	Kshitija Kukade
6.	Sian Prabhudabholkar
7.	Pranali Bagal