



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
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IMPORTANCE OF MEDICAL HEALTH WITH RESPECT TO ORAL HYGIENE AT NESCO GOREGAON

Date: 07th July 2024

Venue: NESCO Goregaon

Faculty: Dr Swati Singh, Dr. Kashmira Kadam, 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: 11

The relationship between oral health and general health has been the focus of research interests for decades. While the impact and oral manifestations of certain systemic conditions have been identified very early, later research examined the potential impact of oral diseases on chronic systemic conditions. To list a few, periodontal diseases have been linked to cardiovascular diseases, high blood pressure, stroke, diabetes, dementia, respiratory diseases, and mortality, where an inflammatory pathway was depicted. 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 NESCO Goregaon with the intention of creating awareness about the importance of maintaining oral health which is related to general health.

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:

- **Diabetes.** Diabetes makes the body less able to fight infection. So diabetes can put the gums at risk. Gum disease seems to happen more often and be more serious in people who have diabetes.

Research shows that people who have gum disease have a harder time controlling their blood sugar levels. Regular dental care can improve diabetes control.

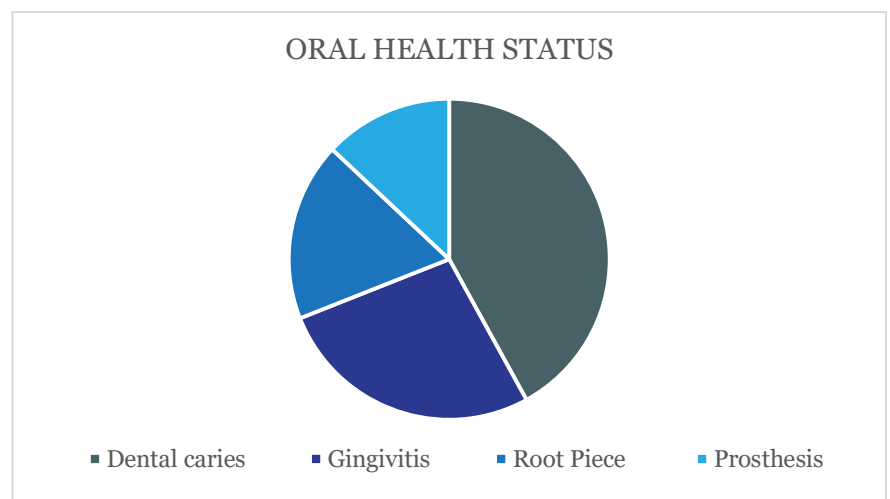
- **HIV/AIDS.** Oral problems, such as painful mouth sores called mucosal lesions, are common in people who have HIV/AIDS.
- **Cancer.** A number of cancers have been linked to gum disease. These include cancers of the mouth, gastrointestinal tract, lung, breast, prostate gland and uterus.
- **Alzheimer's disease.** As Alzheimer's disease gets worse, oral health also tends to get worse.

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 why it's important to maintain oral health. .

Observations: A total of 292 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

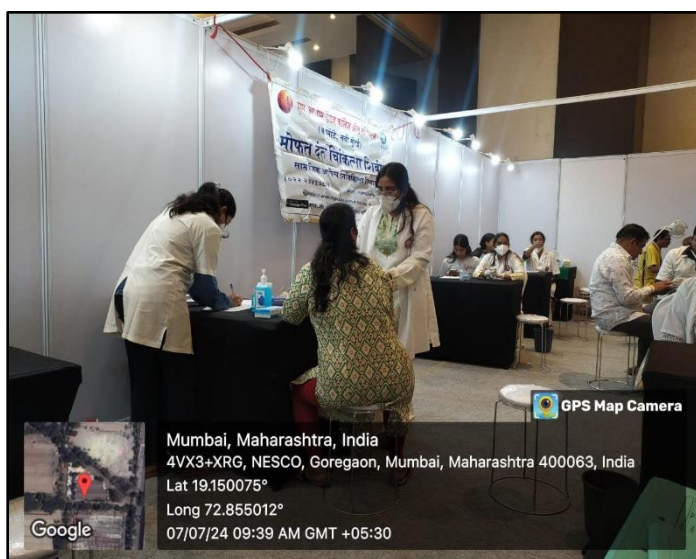
Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	123	42
Gingivitis	79	27
Root piece	53	18
Prosthesis	37	13



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



TEAM MEMBERS PRESENT AT THE CAMP

List of Attendees

Name of Staff	
1.	Dr. Swati Singh
2.	Dr. Kashmira Kadam
3.	Dr. Neeraj Kolge
Name of Interns& Students	
4.	Sakshi Butala
5.	Pranoti K
6.	Vishal Obhan
7.	Shivang Ojha
8.	Tejal Rane
9.	Savi Patil
10.	Kaustubh Sathe
11.	Pooja Reddy
12.	Sneha Chouhan
13.	Bhagtani Eshaan Ashish
14.	Bharne Aparna Anand