

MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL



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Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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ROLE OF DIET AND NUTRITION ON ORAL HEALTH FOR DEVOTIES OF SAI BABA TEMPLE, PANVEL

Date: 7th December 2023 **Venue:** Sai Baba Temple, Panvel

Faculty: Dr. Vaibhav Thakkar, Dr. Neeraj Kolge

Organizing Agency: Department of Public Health Dentistry, NSS Unit, MGMDCH & Shri Bhagwati Sai Sansthan, Panvel

Number Of Students Attended: 5

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. MGM Dental College & Hospital takes conscious efforts in educating and promoting good oral health care among the community members. This was extended to the devotees at SBSS, Panvel with the aim to create awareness about nutrition and oral health and provide basic dental care to them in Mobile Dental Van.

Aim and objective:

1. To assess the oral health status of the devotees of Sai Baba temple.
2. To create awareness about nutrition and diet on oral health
3. To provide basic dental care for their existing dental problems in Mobile Dental Van.

Method:

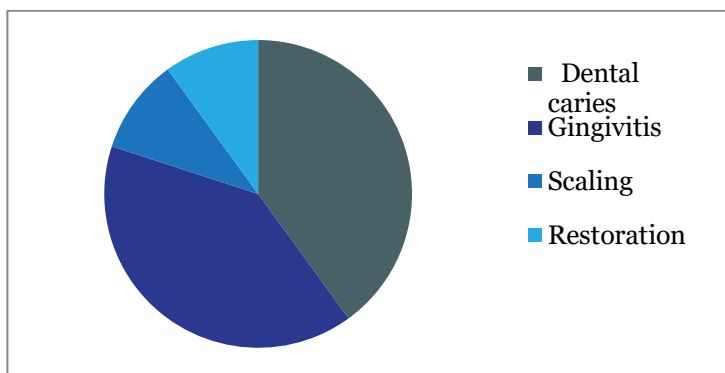
The devotees were assessed using a mouth mirror and probe on the dental chair using Mobile Dental Van. The oral health statuses of the devotees were evaluated. Various preventive and corrective measures to be undertaken were explained to the patients. They were explained that diet plays an important role in the

prevention of dental caries, dental erosion, developmental defects, mucosal diseases and periodontal diseases. The devotees who consented for treatment were provided with basic dental care in the Mobile Dental Van for their existing dental problems. Devotees having extensive dental problems were referred to MGM Dental College & Hospital for further treatment.

Observations: A total of 10 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	4	40
Gingivitis	4	40
Scaling	1	10
Restoration	1	10

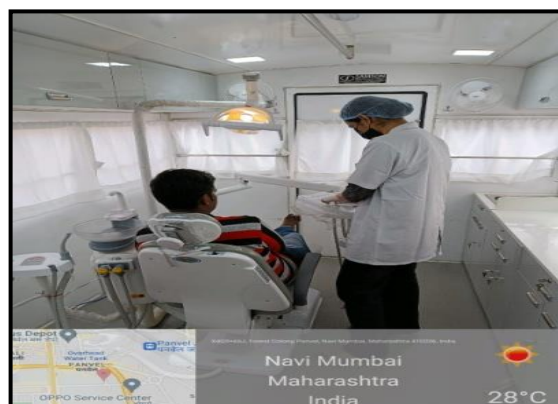
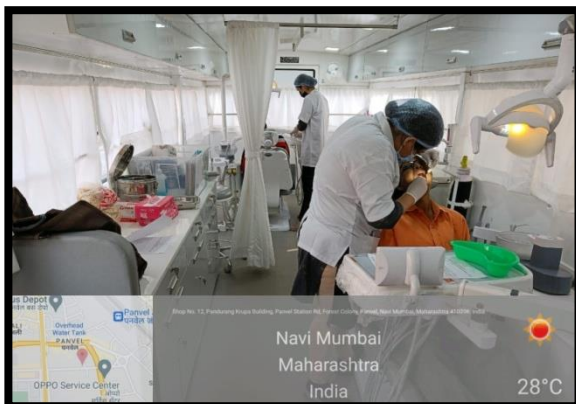


Interpretation and conclusion:

Dental caries and gingivitis were most prevalent in the evaluated group. This was followed by periodontitis. Preventive and corrective measures were undertaken to prevent further deterioration of oral health.

1. Dental caries and gingivitis are the most common problem among the patients which can be reduced by utilizing proper and prompt treatment
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.

Treatment: As a part of preventive treatment measures, oral prophylaxis and restoration was provided to the patients at SBSS, Panvel.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Sr. No	Name of faculty
1	Dr. Vaibhav Thakkar
2	Dr. Neeraj Kolge
	Name of Interns& Students
1	Dakshita Agarwal
2	Simran Doke
3	Aditi Gadkar
4	Neha Mishra
5	Malpani Anjal