



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 BRUSHING TECHNIQUES AT WAVANJE PHC

Date: 19th June 2024

Venue: Wavanje PHC

Faculty: Dr. Vaibhav Thakkar

Organizing Agency: PHD Dept, MGMDCH & NSS Unit of MGMDCH

Number of Students attended: 3

It is important to brush your teeth and flossing to prevent gum disease. Refusal to brush one's teeth for several days can lead to the onset of gum disease. Brushing ensures the removal of plaque, which is the primary cause for tooth decay and gum disease; it also arrests the build-up of any plaque formation. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended with the intention of creating awareness about importance of brushing and flossing and providing oral health care to the patients.

Aim and objective:

1. To educate students about importance of brushing and various brushing techniques.
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

Method:

The tooth brushing methods most emphasized are horizontal scrub, Fones, Leonard, Stillman, Charters, Bass. All of these techniques are applicable to the cleaning of the facial, lingual, and to some extent to occlusal surfaces; all are relatively ineffective in cleaning interproximal areas; and only the Bass technique is effective in cleaning the sulcus. All this was explained using pictorial banner during the program.

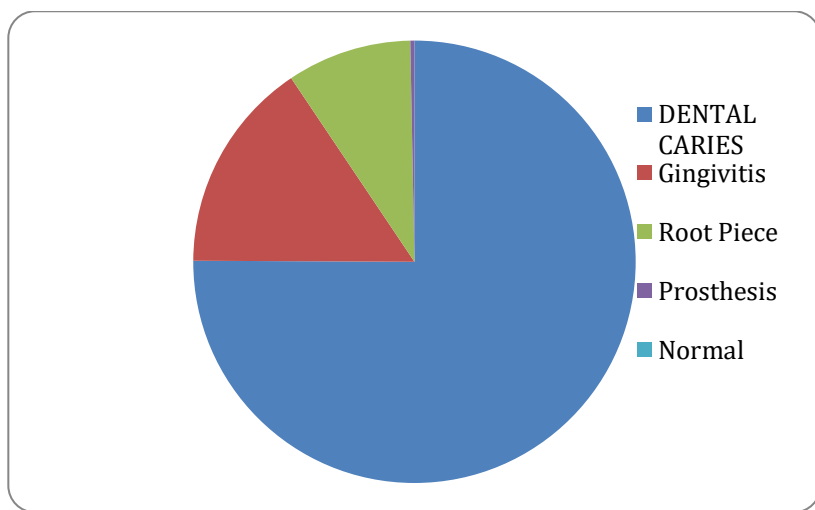
After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were explained.

Observations:

1. It was observed that patients had cervical abrasions due to horizontal brushing technique and were advised the correct brushing technique and explained how it can cause various dental problems.
2. A total of 16 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

ORAL HEALTH STATUS

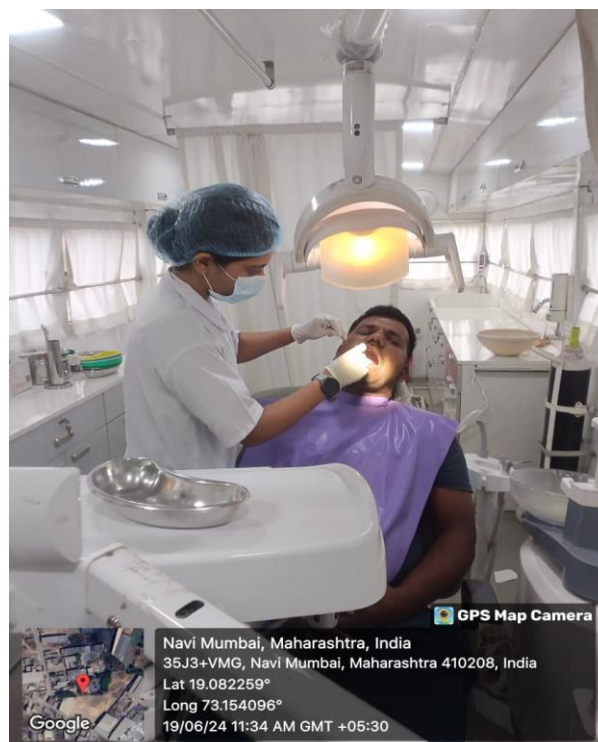
Condition	No. of individuals	Percentage %
Cervical abrasion	12	75
Gingival recession	8	15.5
Root piece	7	9.1
Prosthesis	3	0.3

**Interpretation and conclusion:**

1. Seeing a high amount of intake of sugar in their diet, students were advised to reduce the consumption of sugary snacks and beverages, Limit snacking between meals and consider consuming sugary foods only at mealtimes.
2. Dental caries is the most common problem among the patients followed by gingivitis.
3. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients.



**INVESTIGATION BEING DONE BY
THE TEAM MEMBER**



**TREATMENT DONE AT WAVANJE
PHC**

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Vaibhav Thakkar
Name of Interns	
2.	Sakshi Butala
3.	Kaustubh Sathe
4.	Pooja Reddy