



**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 PREVENTIVE DENTAL TREATMENT AT SUVIDHA CENTRE
NAIK NAGAR DHARAVI

Date: 28th 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

Dental caries, the most common childhood chronic disease, disproportionately affects vulnerable parts of the population and confers substantial impacts to children, families, and health systems. Because efforts directed toward oral health promotion and disease prevention are fundamentally superior to dental rehabilitation secondary to disease development, early preventive dental visits (EPDVs) are widely advocated by professional and academic stakeholders. The aim of this comprehensive review was to critically review and summarize available evidence regarding the effectiveness of EPDVs in improving children's oral health outcomes. 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 following are preventive measures to keep teeth and gums healthy and smiles bright:

Regular brushing – Two minutes of brushing with fluoride toothpaste in the morning and before bed is essential. Toothbrushes will also need replacing twice per year at a minimum. Daily flossing, preferably before bed, also removes food particles in areas that toothbrushes can't reach. And American Dental Association-approved mouthwash disinfects hard-to-reach places. Diet – A balanced and healthy diet applies to both oral and overall health. It should include calcium-rich foods to reduce the chances of jawbone deterioration, and it should omit acidic and excessively sugary foods and drinks. Sugars collect easily on teeth. Bacteria found in plaque then feed on residual sugar and produce lactic acid, which ultimately results in eroded enamel and tooth decay. Acidic drinks, including both regular and sugar-free sodas, also contribute to tooth decay. A rinse with fluorinated water is a recommended practice after acidic or sugary drinks or food.

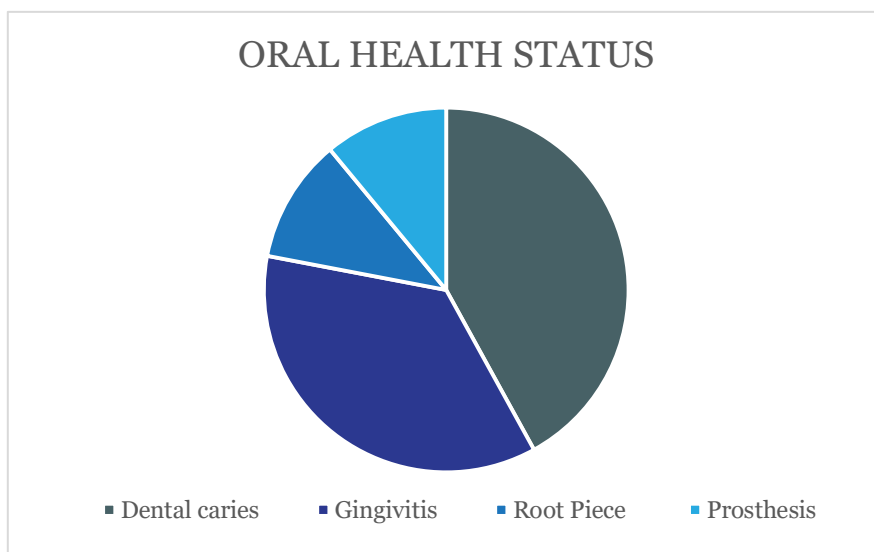
Fruits and veggies are good food alternatives and an essential part of what is preventive dental care. High levels of vitamin C in such items as broccoli, kale, or leafy greens also help combat gum inflammation.

Fluoride – Dental preventive services can provide fluoride applications during a checkup. 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 45 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	19	42
Gingivitis	16	36
Root piece	05	11
Prosthesis	05	11



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.	Huda Usamani
3.	Aqsa Javed
4.	Alfiya Shaikh
5.	Rajina Shaikh
6.	Sian Prabhudabholkar
7.	Pranali Bagal