



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 REGULAR DENTAL CHECKUPS AT IDBI TOWER. WORLD TRADE CENTRE, CUFFE PARADE

Date: 30th April 2024

Venue: IDBI Tower, World Trade Centre, Cuffe Parade

Faculty: Dr. Kashmira Kadam, Dr. Neeraj Kolge

Organizing Agency: Department Of Public Health Dentistry, NSS Unit of MGMDCH, MGMDCH, Rotary Club of Mumbai West Coast

Number of Students attended: 4

Regular dental check-ups are vital for maintaining oral health. They help detect and prevent dental issues like cavities, gum disease, and oral cancer early. Routine cleanings remove plaque and tartar buildup, reducing the risk of decay and gum disease. Timely intervention can prevent minor problems from escalating into more serious conditions, saving time, money, and discomfort in the long run. Additionally, regular check-ups promote good oral hygiene habits and overall well-being, contributing to a confident smile and better quality of life. 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 IDBI Tower, World Trade Centre, Cuffe Parade with the intention of creating awareness about the management of dental emergencies.

Aim and objective:

1. To educate employees about importance of regular dental checkups.
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

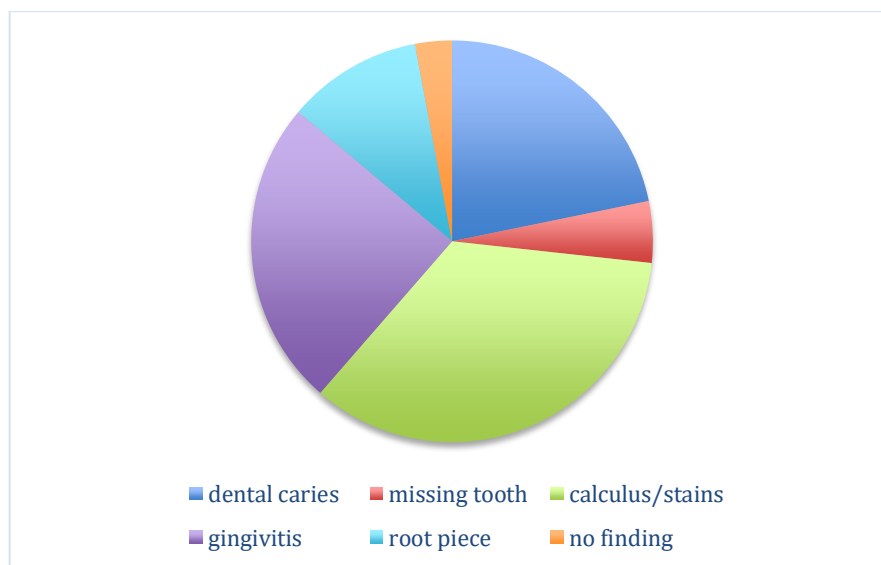
Method:

After the awareness program, oral examination was conducted using mouth mirrors and probes on IDBI banks employees. All the employees 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. Additionally, infection control measures were implemented to maintain a safe and hygienic environment for both participants and staff.

Observations:

1. It was observed that some patient had history of daily tobacco consumption and were advised to control the frequency and amount of harmful intake by explaining the how it can cause various dental problems.
2. A total of 151 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percent age %
Dental caries	33	22
Missing tooth	7	5
Calculus/ stains	54	35
Gingivitis	36	25
Root piece	15	11
No finding	6	3

**Interpretation and conclusion:**

1. Observing a high amount of calculus and stains, patients were advised to reduce the consumption of sugary snacks and beverages, brush twice a day and reduce consumption of tobacco for good oral hygiene

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



TEAM MEMBERS WHO ATTENDED
THE CAMP

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Kashmira Kadam
2.	Dr. Neeraj kolge
Name of Interns& Students	
3.	Dinesh Gunjal
4.	Neha Ingle
5.	Vibha Laddha
6.	Praful Lalwani