



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
E-Mail ID: mgmdch@mgmmumbai.ac.in



AWARENESS ABOUT NUTRITION IN MAINTAINENCE OF GOOD ORAL HYGIENE AT DR. PARNERKAR MAHARAJ, VIDYALAY, VASHIVALI, RASAYNI

Date: 20th June 2024

Venue: Dr. Parnerkar Maharaj, Vidyalay, Vashivali, Rasayni

Faculty: Dr. Deeksha Shetty, Dr. Niraj Kolge

Organizing Agency: PHD Dept MGMDCH & NSS unit of MGMDCH

Number of Students attended: 5

An unhealthy diet has been implicated as risk factors for several chronic diseases that are known to be associated with oral diseases. Studies investigating the relationship between oral diseases and diet are limited. Therefore, this study was conducted to describe the relationship between healthy eating habits and oral health status. The dentistry has an important role in the diagnosis of oral diseases correlated with diet. Consistent nutrition guidelines are essential to improve health. A poor diet was significantly associated with increased odds of oral disease. 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 DR. Parnerkar Maharaj, Vidyalay, Vashivali, Rasayni 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 importance of nutrition in maintaining good oral hygiene.

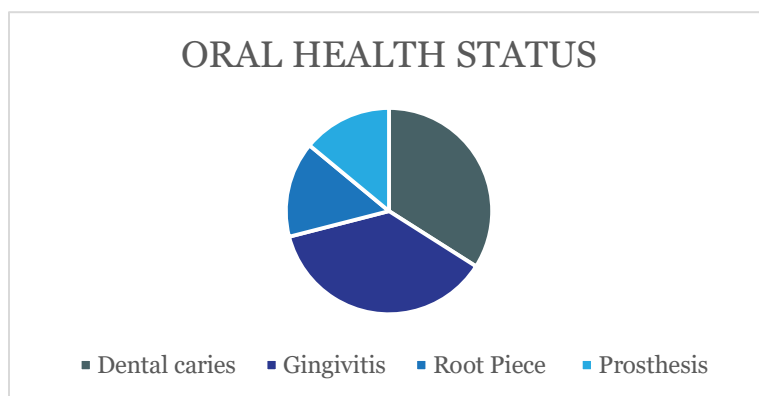
Method:

Diet influences the development of the oral cavity: depending on whether there is an early or late nutritional imbalance, the consequences are certainly different. In fact, an early nutritional imbalance influences malformations most. 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 how nutrition can effect the dental health of a patient.

Observations: A total of 480 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

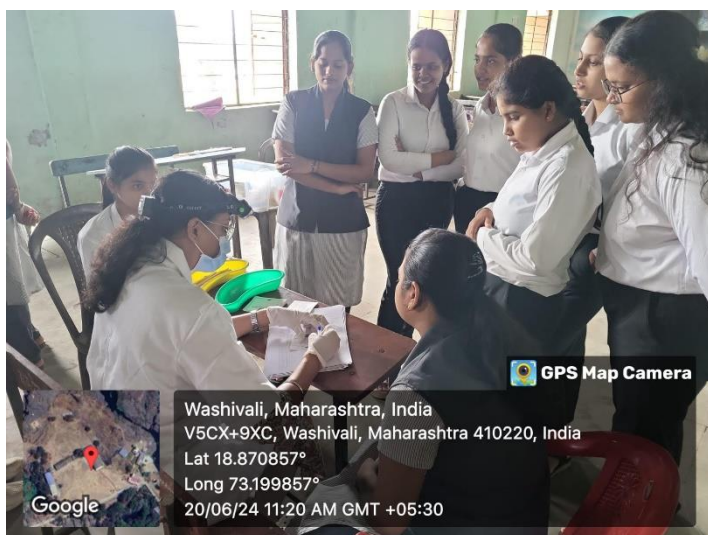
Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	163	34
Gingivitis	176	37
Root piece	73	15
Prosthesis	68	14



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.
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.



INVESTIGATION BEING DONE BY
THE TEAM MEMBER



Group picture of Team Member

List of Attendees

Name of Staff	
1.	Dr. Deeksha Shetty
2.	Dr. Niraj Kolge
Name of Interns	
3.	Pooja Reddy
4.	Sneha C
5.	Pranoti k
6.	Kaustubh S
7.	Savi