



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



IMPORTANCE OF NUTRITION IN MAINTENANCE OF GOOD ORAL HYGIENE AT SHRI NARAYAN BABA CHARITABLE TRUST, PANVEL

Date: 20th JUNE 2024

Venue: Shri Narayan Baba Charitable Trust, Panvel

Faculty: Dr. Karishma , Dr. Prachiti Terni

Organizing Agency: PHD Dept, MGMDCH, Shri Narayan Baba Charitable Trust, Panvel

Number of Students attended: 2

Dental caries is a dynamic process that involves susceptible tooth surfaces, cariogenic bacteria, mainly *Streptococcus mutans*, and a fermentable carbohydrate source. Sucrose is the most common dietary sugar and is considered the most cariogenic carbohydrate. Frequent consumption of carbohydrates in the form of simple sugars increases the risk of dental caries.

A well balanced, healthy diet is equally important during infancy, childhood, and adolescence. During these growth periods, primary and permanent teeth are mineralized- before the teeth even erupt into the mouth. Mineralization and tooth development require fluoride, a mineral that is incorporated into the tooth structure, making the tooth strong and decay resistant.

MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the patients at Shri Narayan Baba Charitable Trust, Panvel with the intention of creating awareness about importance of nutrition in maintenance of good oral hygiene to the patients.

Aim and objective:

1. To educate population about importance of nutrition in maintenance of good oral hygiene
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

Method:

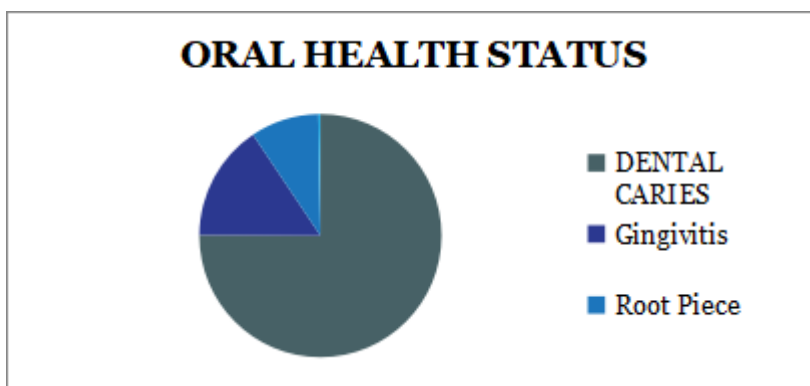
Patients were explained about the presence of dental caries in their mouth and how this leads to the spread of caries to adjacent teeth and cause more damage resulting in creation of awareness of the deleterious effects caries have in the mouth.

After the awareness program, oral examination was conducted using mouth mirror and dental probe for the patients. 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 preventive measures were explained.

Observations:

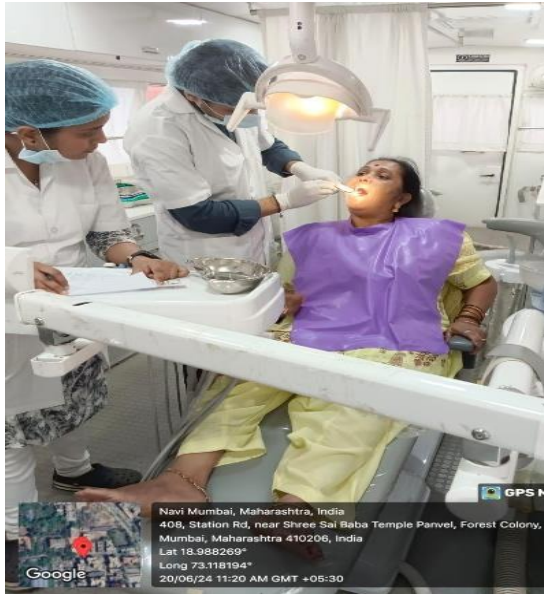
1. It was observed that patients had poor oral hygiene due to malnutrition. Patients had periodontal diseases and dental caries which were due to lack of nutrition and lack of fibrous diet.
2. A total of 12 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Dental caries	8	66.67
Gingivitis	2	16.67
Root piece	2	16.67
Prosthesis	0	



Interpretation and conclusion:

1. Lack of nutrition was a common problem resulting in bad oral hygiene and thus Dental caries and periodontal diseases among the patients.
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

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr.Kashmira Kadam
2.	Dr.Prachiti Terani
Name of Interns	
3.	Shivang Ojha
4.	Tejal Rane