



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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AWARENESS ON ROLE OF DIET AND NUTRITION IN ORAL HEALTH AT SHRI NARAYAN BABA CHARITABLE TRUST, PANVEL

Date: 02nd MAY 2024 **Venue:** Shri Narayan Baba Charitable Trust, Panvel

Faculty: Dr. Kashmira, Dr. Niraj Kalge

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

Number of Students attended: 04

Diet influences the development of the oral cavity: depending on whether there is an early or late nutritional imbalance, the consequences are certainly different. An unhealthy diet has been implicated as risk factors for several chronic diseases that are known to be associated with oral diseases. Consistent nutrition guidelines are essential to improve health. There is a strong association of nutrition and oral health conditions with many inter-relating factors. Malnutrition may influence growth and development of orofacial components, oral mucosal and dental diseases and oral cancer. Similarly, compromised oral health may affect daily dietary intake, which consequently degrades the nutritional status. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the population visiting Shri Narayan Baba Charitable trust, Panvel with the intention of creating awareness about role of diet and nutrition in maintaining a proper oral health and providing oral health care to the patients.

Aim and objective:

1. To educate students about role of diet and nutrition in oral health
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

Method:

Students were explained about the importance of diet and nutrition in oral health. To maintain health, the human body needs daily nourishment in the form of carbohydrates, proteins and minerals. The associations between oral health conditions, dietary practices and nutritional status, and general health status are complex

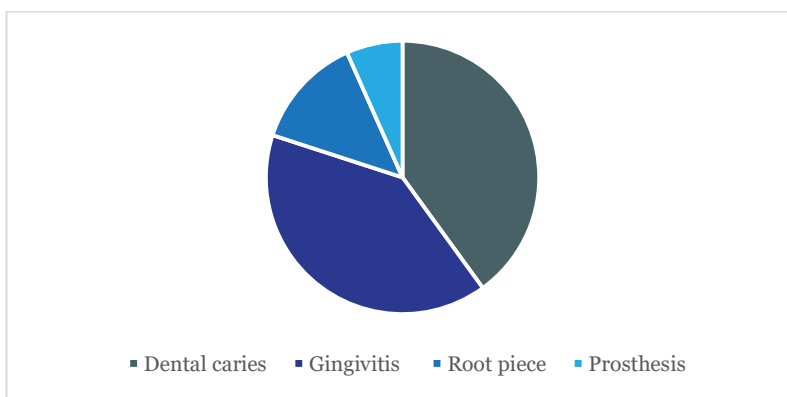
with many interrelating factors. Inadequate nutrition can affect the oral health including dental caries, periodontal diseases, diseases of oralmucosa and infectious diseases. All this was explained using pictorial banner during the program.

After the awareness program, oral examination was conducted using mouth mirror and probe. 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 a history of poor diet and were advised to change their diet plan and consume more of nutrients.
2. A total of 15 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	6	40
Gingivitis	6	40
Root piece	2	13.33
Prosthesis	1	6.66



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.



TREATMENT DONE BY THE TEAM MEMBER

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. KashmiraKadam
2.	Dr. Niraj Kolge
Name of Interns	
3.	Neha Ingle
4.	Mansi Galapure
5.	Krishna Doshi
6.	Mrunmai Gaikwad