



**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 MAINTAINING GOOD ORAL HYGIENE AT SANATAN ASHRAM PANVEL

Date: 4th MAY 2024

Venue: Sanatan Ashram Panvel

Faculty: Dr. Vaibhav Thakkar

Organizing Agency: PHD Dept, MGMDCH, Sanatan sanstha Raigad

Number of Students attended: 04

Oral hygiene is the process of cleaning the hard and soft tissue of the oral cavity (teeth, gums, and tongue), fixed and removable prosthodontic restorations, and dental appliances. Irregular or poor oral hygiene results in an increased number and variety of bacteria in plaque. Dental plaque plays a significant role in the development of the two most common oral diseases, dental caries and periodontal disease. 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 Sanatan Ashram Panvel with the intention of creating awareness about maintaining proper oral hygiene and its advances along with providing oral health care to the patients.

Aim and objective:

1. To educate students about the importance of maintaining good oral hygiene
2. To assess the oral health status of patients.
3. To educate and create awareness about good oral hygiene practices.

Method:

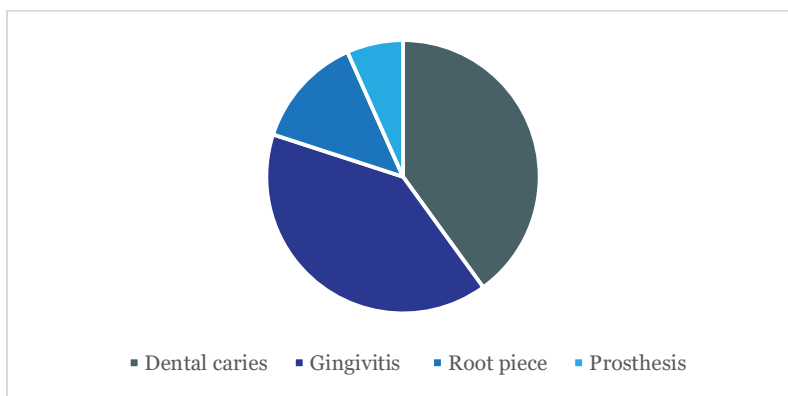
Students were explained about the importance of maintaining good oral hygiene. Tooth brushing is one of the effective tools in removal of dental plaque, numerous factors like frequency of brushing, technique, type of tooth brush, selection of dentifrices all are very important in this regard. All this 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 calculus and debris deposit and also not taking adequate care of their own oral hygiene. They were advised to change their oral hygiene practices like brushing twice daily, using dental floss, visiting a dentist twice a year which could eventually lead to better oral health.
2. A total of 121 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	46	38.01
Gingivitis	37	30.57
Root piece	32	26.44
Prosthesis	6	4.95

**Interpretation and conclusion:**

1. Seeing a high amount of deposits in the oral cavity along with dental caries, patients were advised to reduce the 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.



ORAL CAVITY SCREENING DONE BY
OUR TEAM MEMBERS



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List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Vaibhav Thakkar
Name of Interns	
2.	Shrushti Jadhav
3.	Neha Ingle
4.	Mansi Galapure
5.	Sanchi Gajbhiye