



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 ABOUT IMPORTANCE OF BRUSHING TECHNIQUE AT WAVANJE PHC

Date: 08th MAY 2024 **Venue:** Wavanje PHC

Faculty: Dr. Mausami, Dr. Prachiti Terni

Organizing Agency: PHD Dept, MGMDCH

Number of Students attended: 04

Oral hygiene is crucial in maintaining good dental health. However, some people may unconsciously damage their teeth and gums while trying to maintain good oral hygiene. One such problem is toothbrush abrasion, which occurs due to improper brushing technique. To prevent cavities, you need to remove plaque. To do this, brush your teeth twice a day and floss at least once a day. Brushing also stimulates the gums, which helps to keep them healthy and prevent gum disease. Brushing and flossing are the most important things that you can do to keep your teeth and gums healthy. 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 Wavanje PHC with the intention of creating awareness about importance of brushing technique and providing oral health care to the patients.

Aim and objective:

1. To educate students about importance of brushing technique
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 brushing techniques and its effect on overall oral health. Brushing is important way to keep your teeth and gums clean, healthy and free from oral disease. The direct benefit of brushing is to remove oral plaque, and prevent it from reforming on your teeth and along the gum line. Plaque is the main cause of tooth decay, cavities and gum disease, so it's important to brush thoroughly twice daily. Plaque removal is so essential that not brushing your teeth for several days is usually

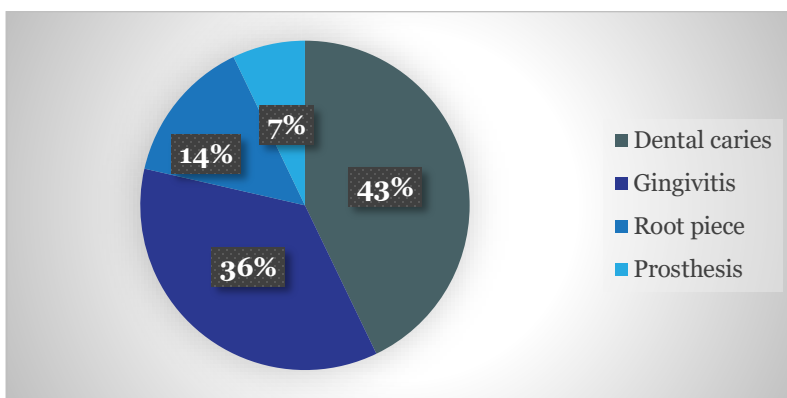
enough time for the onset of more serious oral conditions. All this was explained using pictorial banner during the program.

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 not brushing properly and hence were advised proper brushing technique. They were also advised to brush twice daily
2. A total of 14 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	42.85
Gingivitis	5	35.71
Root piece	2	14.28
Prosthesis	1	07.14



Interpretation and conclusion:

1. Seeing a high percentage of population affected by dental caries indicated they were not aware of proper brushing technique. They were advised to brush twice daily in modified bass technique and use of floss were encouraged.
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 performed by the team member

Sr. No	List of Participants
Name of faculty	
1.	Dr. Mausami
2.	Dr. Prachiti Terni
Name of Interns	
3.	Neha
4.	Shrushti
5.	Sanket Game
6.	Isha Ghag