



**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 DENTAL CARIES AT WAVANJE PHC

Date: 15th MAY 2024

Venue: Wavanje PHC

Faculty: Dr. Swati Singh, Dr. Niraj Kolge

Organizing Agency: PHD Dept, MGMDCH

Number of Students attended: 04

Dental caries is reported to be one of the oldest and most common diseases found in humans. Dental caries is a prevalent chronic infectious disease resulting from tooth-adherent cariogenic bacteria that metabolize sugars to produce acid, which, over time, demineralizes tooth structure. Dental caries is a major healthcare problem as it is the most prevalent disease worldwide. Almost 100% of adults are affected by dental caries. The disease concentrates in groups with low socioeconomic status, and despite being easily preventable, its prevalence did not significantly decrease over the last thirty years. 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 Dental Caries and its prevention
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 learning about Dental Caries and effect of the same on overall oral health of the patients. Dental caries can be prevented by avoiding dietary free sugars. Moreover, dental caries is largely preventable through simple and cost-effective population-wide and individual interventions, whereas treatment is costly, and is often unavailable in low- and middle-income countries. Dental

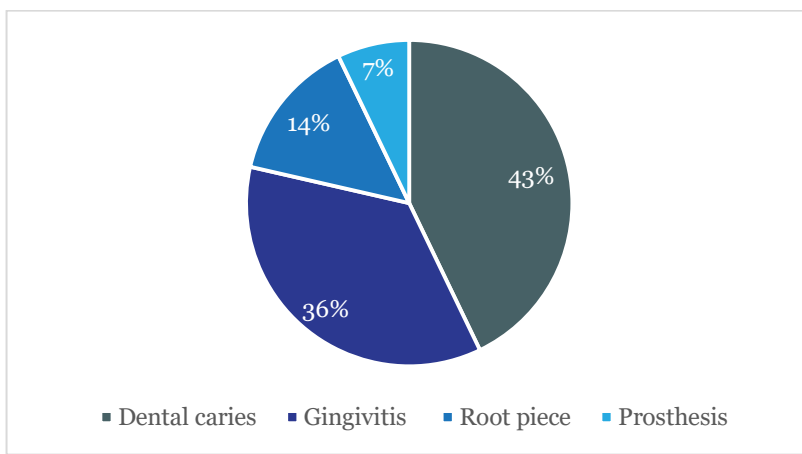
caries develops over time; loss of tooth substance (enamel and dentine) is caused by acid production resulting from bacterial metabolism of sugars. Early stages are often without symptoms, but advanced stages of dental caries may lead to pain, infections and abscesses, or even sepsis. All this was explained 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 history of consuming high sugar diet due to which percentage of dental caries increased.
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	7.14



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 visit dentist once a year and asked for dental checkup. 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 done by the team member

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Swati Singh
2.	Dr. Niraj Kolge
Name of Interns	
3.	Dinesh Gunjal
4.	Jaini Gada
5.	Vaishnavi Gonnade
6.	Aditi Gosavi