



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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AWARENESS ON TEETH GRINDING AND ITS IMPACT AT TALOJA MIDC, KHERANE

Date: 1ST July 2025

Venue: TBR Camp Taloja

Faculty: Dr. Vaibhav Thakkar

Organizing Agency: Department of public health dentistry MGMDCH, NSS unit of MGMDCH; The Breakfast Revolution

Number of Students attended: 4

Teeth grinding, also known as bruxism, can significantly damage oral health. It can lead to tooth wear, fractures, gum recession, and temporomandibular joint (TMJ) disorders. Additionally, it can cause headaches, jaw pain, and potentially impact sleep quality.

- **Enamel Erosion:**

The constant grinding wears down the protective enamel layer, exposing the underlying dentin, which is softer and more susceptible to decay.

- **Tooth Fractures and Chipping:**

The force exerted during grinding can cause teeth to crack, chip, or even fracture, especially in severe cases.

- **Tooth Sensitivity:**

As the enamel wears away, teeth become more sensitive to hot, cold, and sweet foods and drinks.

- **Tooth Wear and Shortening:**

Teeth can become noticeably shorter due to the grinding, affecting the bite and making it harder to chew properly. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the children at Taloja MIDC with the intention of providing proper oral health care to the patients.

Aim and Objective:

1. To create awareness about the teeth grinding and its impact on oral health
2. To educate children about the precautions which can be taken to avoid teeth grinding.
3. To estimate the oral health status of the children in Taloja MIDC.

Method:**Management:**

- **Dental Splints/Mouthguards:**

Custom-fitted mouthguards can protect teeth from grinding damage, especially during sleep.

- **Stress Management:**

Stress reduction techniques can help manage bruxism, as stress is a common trigger.

- **Muscle Relaxants:**

In some cases, muscle relaxants may be prescribed to reduce muscle tension and jaw pain.

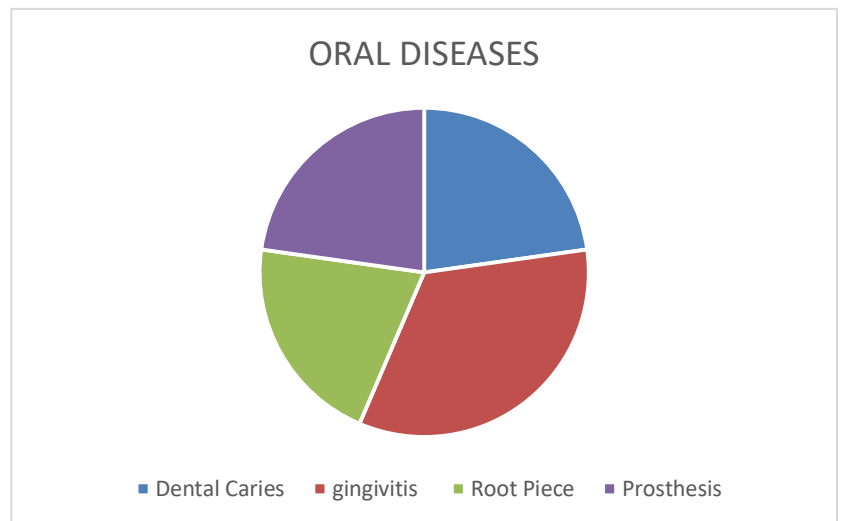
- **Orthodontic Treatment:**

If malocclusion (misalignment of teeth) is a contributing factor, orthodontic treatment may be recommended.

A type IV examination was carried out with the use of tongue depressor in day light. 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 how pregnancy affects the oral health status.

ORAL HEALTH STATUS:

Sr.no.	Oral diseases	No. Of patients	Percentage %
1.	Dental Caries	22	23
2.	Gingivitis	33	34
3	Root piece	20	21
4.	Prosthesis	22	23



Observations: A total of 97 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe

Interpretation and Conclusion:

Bruxism is when you clench, grind or gnash your teeth. It usually occurs subconsciously, and it can happen when you're awake or asleep. Many people grind their teeth every now and then, especially during stressful times. But if you do it a lot, it can put extra strain on your teeth and jaws, leading to dental damage, headaches, jaw pain and other issues. Anyone can develop bruxism, but it's most common during childhood, adolescence and young adulthood. It's difficult to know exactly how many people grind their teeth because it often happens during sleep.



Oral screening done at the camp site

LIST OF ATTENDEES

Sr.no.	Attendees
Name of staff	
1.	Dr. Vaibhav Thakkar
Name of Interns & Students	
2.	Krushinandan Ubale
3.	Rahul Tarange
4.	Aashna Jain
5.	Kinjal Jain