



## **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  
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### **ROLE OF NUTRITION IN MAINTAINING HEALTH OF TEETH AND GUMS**

**Date:** 11<sup>th</sup> April 2025

**Venue:** DBM India Udaan Deonar centre Govandi

**Faculty:** Dr. Mausami Malgaonkar, Dr. Pankaj Londhe

**Organizing Agency:** Department of Public Health Dentistry, MGMDCH & NSS Unit of MGMDCH & DBM India

**Number of Students attended:** 4

Nutrition is vital for oral health because the nutrients we consume directly impact the strength and health of our teeth and gums. A balanced diet supports enamel formation, helps prevent tooth decay, and contributes to healthy gums. Specifically, minerals like calcium and phosphorus are crucial for strong teeth, while vitamins C and D are important for gum health. Recently, this initiative was extended to the students at DBM India Udaan Deonar Centre Govandi, aiming to educate them about the importance of regular check-up while providing information about the role of nutrition in maintaining oral health. The program seeks to empower children with knowledge about their dental health and instill good oral hygiene practices from an early age.

#### **Aim and Objectives:**

- To educate children about the importance of maintaining oral health.
- To assess the overall oral health status of the participating children.
- To encourage healthy dietary choices that support dental health.

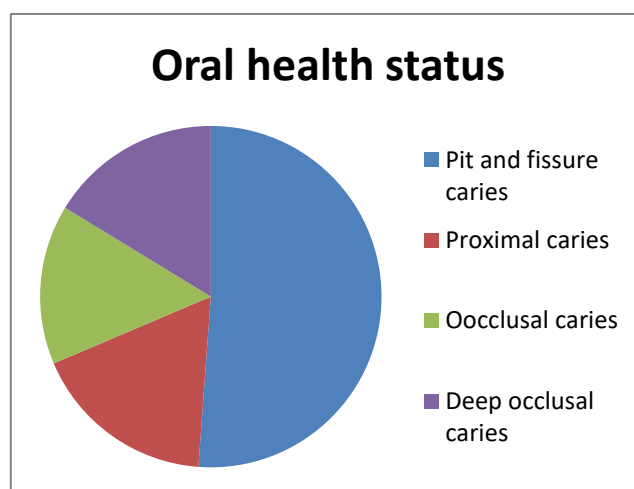
## Method:

An examination of the children was conducted using tongue depressor to assess their oral health status. Following the evaluation, the children were provided with information on how to address any identified dental issues. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of untreated cavities and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model, ensuring that the children understood effective oral hygiene practices. The initiative also included discussions about the importance of regular dental check-ups and the benefits of fluoride, further reinforcing the message of comprehensive oral health care.

**Observations:** A total of 86 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

## Oral health status:

Condition	No. of individuals	Percentage %
Pit and fissure caries	44	52.7%
Proximal caries	15	17%
Occlusal caries	13	14%
Deep occlusal caries	14	16%



## Interpretation and conclusion:

Pit and fissure caries is the most common problem among the children followed by proximal caries.

Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these children. Most of the patient were suffering from caries and were advised to get it restored.

Gingivitis was also one the prevalent oral disease among the participants.



### ORAL HEALTH SCREENING DONE BY THE TEAM MEMBERS

#### List of Attendees

Sr. No	List of Participants
<b>Name of faculty</b>	
1	Dr. Mausami Malgaonkar
2.	Dr. Pankaj Londhe
<b>Name of Interns</b>	
3.	Aryan Satikunvar
4.	Ishika Shetty
5.	Khadija Javed
6.	Mizba Zaidi