



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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ORAL HEALTH AND DIABETES AWARENESS SHRI NARAYAN BABA CHARITABLE TRUST, PANVEL

Date: 19th June 2025

Venue: Shri Narayan Baba charitable trust, Panvel

Faculty: Dr Kashmira Kadam, Dr. Pankaj Londhe

Organizing committee: Department of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH

Number of students: 4

Diabetes can significantly impact oral health, creating a cycle where poor oral health can worsen diabetes and vice versa. Individuals with diabetes are at a higher risk for gum disease, tooth decay, dry mouth, and fungal infections like oral thrush. Conversely, poor oral health, particularly periodontitis, can make it harder to control blood sugar levels, potentially exacerbating diabetes complications. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to patients at SNBCT, Panvel with the intention of creating awareness about effect of diabetes on oral health.

Aims and objectives:

1. To educate the people about oral health and diabetes.
2. To make awareness in the people about their oral health status and the treatment related to it.

Method:

Patient were educated about the dentures and implants. They were explained about how implants are better than dentures. Benefits as well as drawback of implants were explained like,

How Diabetes Affects Oral Health:

Increased Risk of Gum Disease: High blood sugar levels can increase glucose in saliva, promoting the growth of harmful bacteria and leading to plaque and tartar buildup, causing gum inflammation and disease (periodontitis).

Dry Mouth: Diabetes and certain medications can reduce saliva production, leading to dry mouth, which increases the risk of tooth decay and other oral infections.

Increased Risk of Tooth Decay: The combination of high glucose levels and reduced saliva can create an acidic environment that erodes tooth enamel, making teeth more susceptible to cavities.

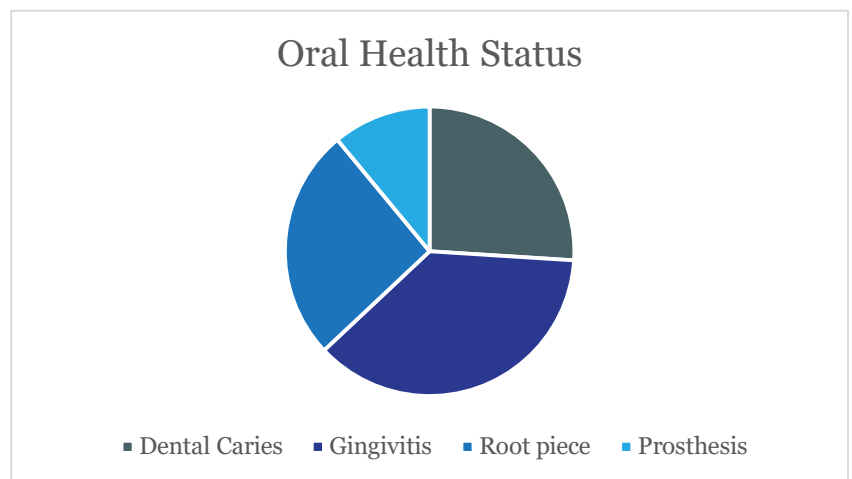
Delayed Healing: Diabetes can impair the body's healing process, making it more difficult for mouth wounds to heal and potentially worsening gum disease.

Oral Thrush: The fungal infection oral thrush (candidiasis) is more common in people with diabetes due to the increased glucose levels and weakened immune system.

Observation:

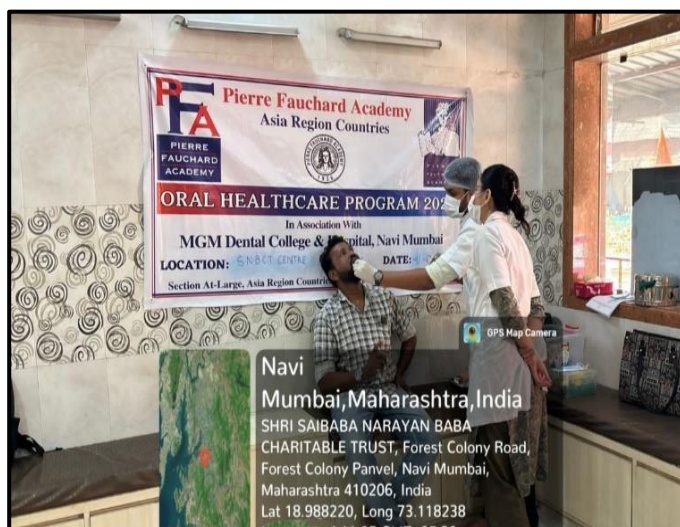
Total of 19 patients were examined and treatment done, and patients who required intense treatment were referred to MGM dental college kamothe

Condition	Number of individuals	Percentage %
Dental caries	5	26
Gingivitis	7	37
Root piece	5	26
Prosthesis	2	11



Interpretation and Conclusion:

Most of the resident visiting the Centre were affected due to gingivitis (37%) followed by dental caries and root piece (26%). Taking proper care of the oral cavity will help in maintaining good oral hygiene. Taking good care of your mouth is important to your overall health and well-being. Good oral health habits can help prevent pain and infections from tooth and gum disease. If you have diabetes, taking care of your teeth is even more important. High blood sugar can weaken white blood cells. These are your body's main way to fight infections that can occur in the mouth. Keep that smile on your face, though! By managing your diabetes, you manage more than your blood sugar. You're helping to prevent gum disease and other infections in your mouth



ORAL SCREENING DONE AT SNBCT BY
THE DENTAL TEAM

List of attendees

Name of Staff	
1.	Dr. Kashmira Kadam
2.	Dr. Aishwarya Patil
Name of Interns & Students	
3.	Khadija Javed
4.	Ishika Shetty
5.	Suyash Adkane
6.	Ayesha Khawaja