



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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IMPACT OF SMOKING AND ALCOHOL ON ORAL HEALTH AT KALAMBOLI POLICE STATION

Date: 19th June 2025

Venue: Kalamboli Police Station

Faculty: Dr. Swati Singh, Dr. Pankaj Londhe

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS unit of MGMDCH

Number of Students attended: 5

Smoking and alcohol consumption significantly negatively impact oral health. Smoking increases the risk of oral cancer, gum disease, and tooth decay, while alcohol can erode tooth enamel, cause dry mouth, and contribute to gum disease and oral cancer.

Impact of Smoking: **Oral Cancer**: Smoking is a major risk factor for developing various oral cancers, including cancers of the lips, mouth, and throat. **Gum Disease (Periodontitis)**: Smoking impairs blood flow to the gums, making them more susceptible to infection and hindering their ability to heal. This can lead to severe gum disease and even tooth loss. **Tooth Decay**: Smoking can disrupt the balance of bacteria in the mouth, increasing the risk of cavities and tooth decay, **Tooth Stains**: Smoking can cause teeth to become stained and discoloured.

This initiative was extended to the Police forces at Kalamboli Police Station, aiming to educate them about the ill effects of smoking and alcohol abuse on oral health and overall health.

Aim and Objectives:

- To educate patients about the ill effects of smoking and alcohol on oral health.
- To assess the overall oral health status of the participating individuals.

- To encourage healthy dietary choices that support dental health.

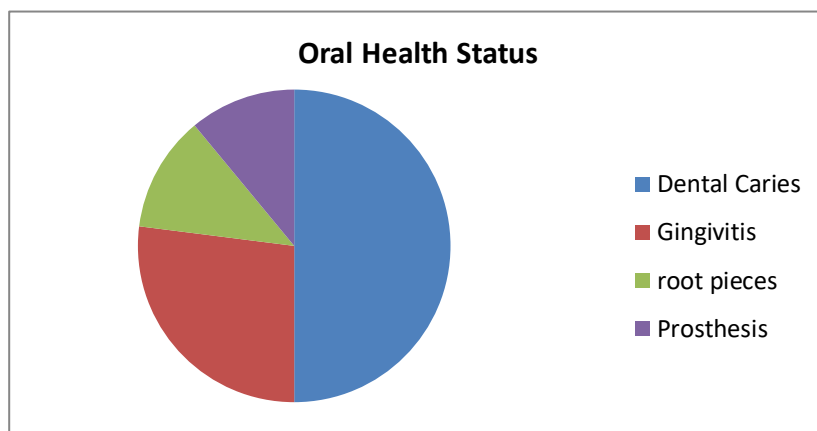
Method:

Type II examination of the patients was conducted using mouth mirror and probe to assess their oral health status. Following the evaluation, they 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 patients 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 26 individuals were examined for various dental problems. Treatments conducted were 02 extractions, 3 restoration and 02 scaling. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral Health Status:

Conditions	No. of individuals	Percentage %
Dental Caries	13	50
Gingivitis	7	27
Root pieces	3	12
Prosthesis	3	11



Interpretation and conclusion:

1. Extraction is the most common treatment done among the patients. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Dental caries and gingivitis are the most common problem among the patients which can be reduced by educating them regarding proper brushing technique along with utilization of different interdental aids.

- Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Majority of the oral diseases are due to lack of proper health education of the patient and insufficient dietary intake.
- The various nutritional food items were informed to the children and their positive benefits were explained to them.



DENTAL TEAM AT THE CAMP SITE



DENTAL SCREENING DONE AT THE CAMP SITE

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Swati Singh
2.	Dr. Pankaj Londhe
Name of Interns and students	
3.	Prachi Chayal
4.	Shejal Chatlawar
5.	Akshata Chabukswar
6.	Pruthviraj Birajdar
7.	Kinjal Jain
8.	Geetanjali Jayakar