



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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THE IMPORTANCE OF REGULAR DENTAL CHECK-UPS AT TALOJA MIDC

Date: 25th June 2025

Venue: TBR Camp Taloja MIDC

Faculty: Dr. Vaibhav Thakkar, Dr. Pankaj Londhe

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

Number of Students attended: 4

Regular dental checkups are crucial for maintaining good oral health and preventing serious dental problems. They allow for early detection and treatment of issues like cavities and gum disease, which can be more complex and costly to address if left untreated. Checkups also include professional cleanings to remove plaque and tartar, crucial for preventing decay and gum disease. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the resident of Taloja with the intention of providing proper oral health care to the patients.

Aim and Objective:

1. To create awareness about the significance of good oral hygiene and how is it necessary to maintain overall health.
2. To educate the resident about the importance of dental check-up.
3. To evaluate their oral health status and provide them with appropriate treatment.

Method:

1. Prevention and Early Detection:

- **Cavities and Gum Disease:**

Regular checkups enable dentists to identify cavities and gum disease in their early stages when treatment is less invasive and more affordable.

- **Oral Cancer Screening:**

Dentists can screen for oral cancer during checkups, which is vital for early detection and a higher chance of successful treatment.

Underlying Dental Issues:

X-rays and other diagnostic tests can reveal hidden problems like impacted teeth, bone loss, and deep gum pockets.

2. Professional Cleaning:

- **Plaque and Tartar Removal:** Even with diligent brushing and flossing, plaque and tartar can accumulate in hard-to-reach areas. Professional cleanings remove these deposits, preventing tooth decay and gum disease
- **Fresher Breath:** Removing plaque and tartar also helps combat bad breath.

3. Maintaining Overall Health:

- **Connection to General Health:**

Oral health is linked to overall health, and problems in the mouth can affect other parts of the body

Early Detection of Systemic Diseases:

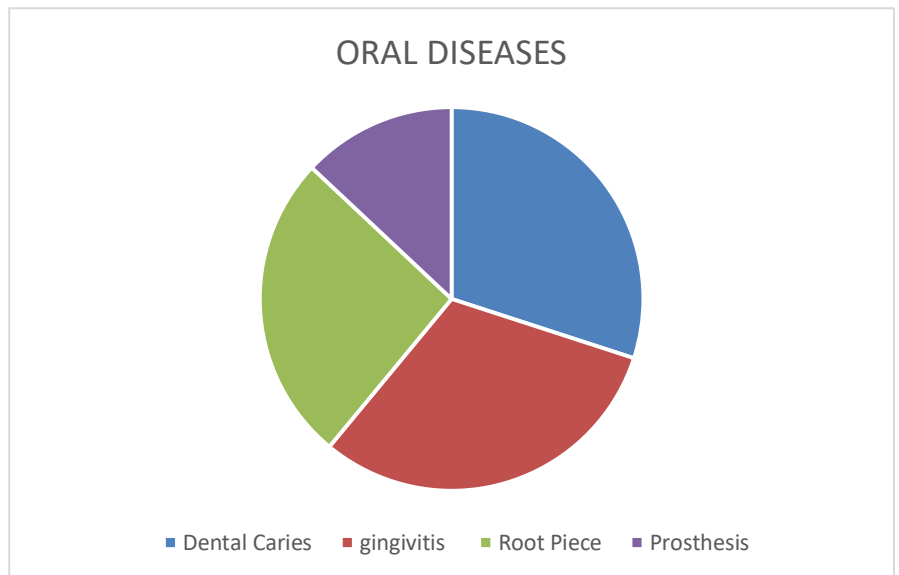
Some systemic diseases can manifest in the mouth, and dentists can sometimes detect these during checkups.

An examination (Type IV) was conducted using tongue depressor to assess their oral health status. Following the evaluation, the patients were provided with information on how to address any identified dental issues. The patients were explained various common oral lesion caused due to use of tobacco with the help of banners and charts. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of oral lesions and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model. The initiative also included discussions about the importance of regular dental check-ups, further reinforcing the message of comprehensive oral health care.

Observations: A total of 174 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe

ORAL HEALTH STATUS:

Sr. no.	Oral diseases	No. Of patients	Percentage %
1.	Dental Caries	52	30
2.	Gingivitis	54	31
3	Root piece	45	26
4.	Prosthesis	23	13



Interpretation and Conclusion:

- The patients visiting the camp had Dental caries and gingivitis. Dental caries (30%) and gingivitis (31%) followed by root piece which needed extraction.
- The patient also required prosthesis, who were referred to dental college for immediate treatment and replacement of tooth.
- Oral health education regarding maintaining the proper oral hygiene were demonstrated to them. Modified bass technique was demonstrated used brushing model. Use of interdental aids like flossing were also demonstrated and advised to them.
- It's crucial to supervise children's tooth brushing with fluoride toothpaste and ensure they don't swallow excessive amounts.



ORAL SCREENING DONE AT THE CAMP SITE

LIST OF ATTENDEES

Sr.no.	Attendees
Name of staff	
1.	Dr. Vaibhav Thakkar
2.	Dr. Pankaj Londhe
Name of Interns & Students	
3.	Krushinandan Ubale
4.	Ishika Shetty
5.	Karishma Bhanushali
6.	Jupneet Kaur