



**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
E-Mail ID: mgmdch@mgmmumbai.ac.in



**NAVIGATING SUGAR ALTERNATIVES IN DIETS FOR ORAL HEALTH AT BHINGAR DENTAL
CAMP**

Date: 22nd July 2025

Venue: Bhingar, Nere

Faculty: Dr. Deeksha Shetty, Dr. Pankaj Londhe

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

Number of Students attended: 4

To navigate sugar alternatives for better oral health, prioritize xylitol and erythritol due to their ability to reduce harmful bacteria and increase saliva. Stevia is a good natural option, while limiting acidic drinks and sticky foods, even sugar-free ones, remains crucial. Focus on whole, tooth-friendly foods like raw vegetables, whole fruits, yogurt, cheese, and water to nourish your mouth and body. This initiative was extended to the patients at Bhingar, Nere aiming to navigating sugar alternatives in diets for oral health. The program seeks to empower the resident of Bhingar with knowledge about their dental health and instill good oral hygiene practices from an early age.

Aim and Objectives:

- To educate patients regarding sugar alternatives in diets for oral health and maintaining good oral hygiene practices.
- To assess the overall oral health status of the participating individuals.
- To encourage healthy dietary choices that support dental health.

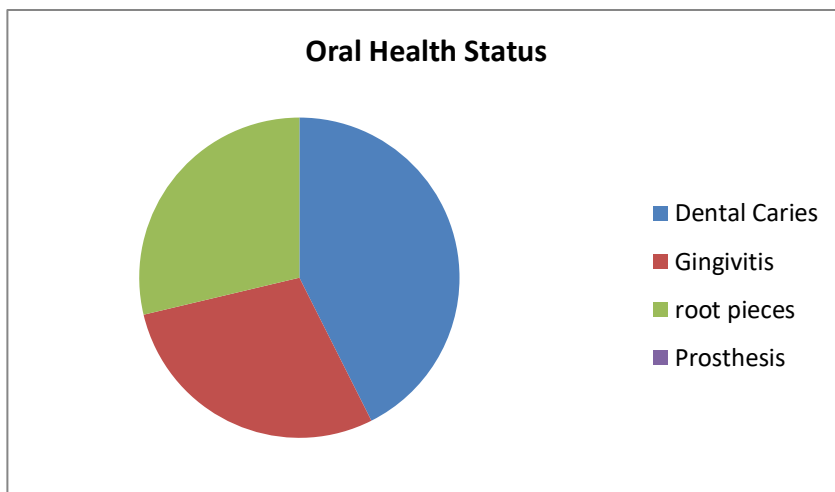
Method:

Type IV examination of the patients was conducted using tongue depressor 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 117 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral Health Status:

Conditions	No. of individuals	Percentage %
Dental Caries	53	45
Gingivitis	42	36
Root pieces	22	19
Prosthesis	0	00

**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.

2. 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.
3. The various nutritional food items were informed to the children and their positive benefits were explained to them.



DENTAL TEAM DONE AT THE CAMP SITE

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Deeksha Shetty
2.	Dr. Pankaj Londhe
Name of Interns and students	
3.	Shraddha Sonawane
4.	Shweta Choudhary
5.	Nirmita Gulabani
6.	Ayesha Sheerazi