



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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ORAL HEALTH RISKS IN PATIENTS WITH HYPERTENSION AT SHREE BALAESHWAR TEMPLE CENTRE, PALI

Date: 27th July 2025

Venue: Shree Baleshwar Temple Centre Pali

Faculty: Dr. Swati Singh, Dr. Pankaj Londhe

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS unit of MGMDCH; Satyam Sumiran Yoga Research Foundation

Number of Students attended: 4

Hypertensive patients face several oral health risks, including increased susceptibility to periodontitis, potential side effects from medications like dry mouth (leading to decay), and changes in taste. Poor oral hygiene can also be a risk factor for developing hypertension and can worsen existing conditions, possibly due to the inflammatory pathways shared by both diseases. Conversely, the inflammation from periodontal disease can contribute to hypertension, creating a bidirectional relationship that highlights the importance of maintaining good oral health for hypertensive individuals. This initiative was extended to the patients at Shree Baleshwar Temple Centre Pali, aiming to educate them about the importance of regular check-up while providing information about the oral health risks in hypertensive patient. 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 patients about the importance of saliva and maintaining oral health.
- To assess the overall oral health status of the participating individuals.
- To encourage healthy dietary choices that support dental health.

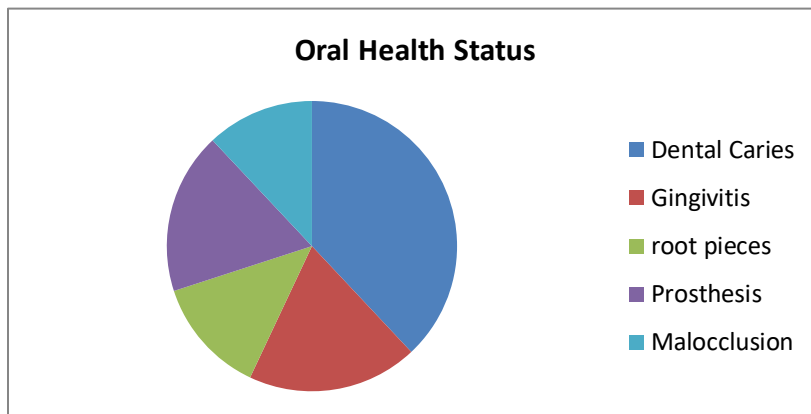
Method:

Type 1 examination of the patients was conducted using mouth mirror and probeto 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 20 individuals were examined for various dental problems. Treatments conducted were 4 extractions, 5 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	7	35
Gingivitis	6	30
Root pieces	5	25
Prosthesis	1	5
Malocclusion	1	5

**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.



List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Kashmira Kadam
2.	Dr. Pankaj Londhe
Name of Participants	
3.	Krushinandan Ubale
4.	Rahul Tarange
5.	Aashna Jain
6.	Kinjal Jain