



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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TIPS FOR MANAGING ORAL HEALTH DURING STRESS AT SHRI NARAYAN BABA CHARITABLE TRUST, PANVEL

Date: 3rd July 2025

Venue: Shri Narayan Baba charitable trust, Panvel

Faculty: Dr Deeksha Shetty, Dr. Pankaj Londhe

Organizing committee: Department of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH, Shri Narayan Baba Charitable Trust Panvel

Number of students: 4

Stress is a reaction to a physical, psychological, or emotional demand. Everyone has felt stress at one time or another. Some stress is good because it pushes us to do things that are challenging and meet the demands of daily life. However, too much stress is not good and can have negative short- and long-term effects on our health, including our oral health. This Brush Up on Oral Health tip sheet describes how stress affects oral health and offers tips to help Head Start staff manage stress. 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 Dental implants vs denture and the benefits of the treatment.

Long-term stress can cause problems with your mouth, teeth, and gums. These problems can include:

- **Sores in or around the mouth:** mCanker sores are small spots with white or grayish centers surrounded by red borders inside the mouth that can cause pain when chewing or talking. Canker sores are not contagious. Cold sores (also called fever blisters) are painful, filled with fluid, and most often appear outside the mouth, on or near the lips. Cold sores can be spread easily to others. Care should be taken to not share utensils or drinks and to not put your hand to your mouth and then touch other things.

- **Teeth clenching and grinding:** Stress may make you clench and grind your teeth. Clenching or biting the top and bottom teeth together tightly happens mostly during waking hours. Grinding is more common during sleep and occurs when the top and bottom teeth rub together. Clenching and grinding can wear down or chip teeth, cause jaw pain, and strain muscles in the face.

• **Tooth decay and gum disease:** In some cases, people under stress adopt unhealthy behaviors, such as snacking on foods or drinks that are high in sugar throughout the day or skipping brushing and flossing, that can increase their risk for oral diseases. To combat stress, some people use alcohol, tobacco, or drugs, which also increases their risk for oral diseases.

Aims and objectives:

1. To educate the people about the relation between oral health and stress and how manage the stress
2. To estimate the oral health status of the population at SNBCT and educating them regarding the maintenance of stress

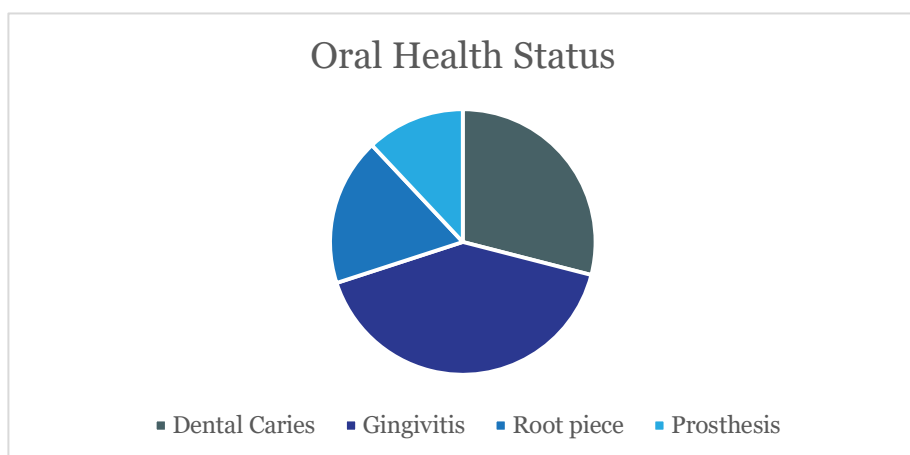
Method:

Type 1 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.

Observation:

Total of 17 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	29
Gingivitis	7	41
Root piece	3	18
Prosthesis	2	12



Interpretation and Conclusion:

The impact of stress on oral health is a significant concern, with stress influencing factors such as teeth grinding, immune response, oral hygiene habits, and the development of canker sores. Effective management of stress through physical activity, mindfulness practices, relaxation techniques, and consistent oral hygiene is essential for mitigating these effects. By adopting a comprehensive approach to stress management and oral care, individuals can better protect their oral health and enhance their overall well-being. The relationship between stress and oral health is complex, as stress influences both the physiological processes in the body and the behaviors that can lead to oral health issues. Understanding this interplay is crucial for managing stress effectively and maintaining good

oral health. One of the primary ways stress affects oral health is through the development of bruxism, or teeth grinding. When individuals experience high levels of stress, they may unconsciously grind or clench their teeth, especially during sleep. This habit can lead to significant dental problems, including worn enamel, cracked or chipped teeth, and even issues with the jaw joint, known as temporomandibular joint disorder (TMJ). The constant pressure exerted on the teeth and jaw can exacerbate these conditions, leading to chronic pain and discomfort.



Oral screening done at SNBCT by the dental team

List of attendees

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