



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



IMPORTANCE OF SALIVA IN ORAL HEALTH AT BOMBAY STOCK EXCHANGE OFFICE, CBD BELAPUR

Date: 7TH JULY 2025

Venue: Bombay Stock Exchange Office, CBD Belapur

Faculty: Dr. Bharat Gupta, Dr. Pankaj Londhe

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

Number of Students attended: 5

The significance of oral health throughout life is widely recognized, with preventive care and awareness playing a crucial role in reducing the burden of oral diseases. Among the many factors influencing oral health, saliva is an often-underestimated but vital component. It contributes to maintaining oral balance, preventing dental caries, and supporting overall oral functions. Recognizing the need for broader awareness on this topic, MGM Dental College extended its community outreach initiative to the employees of Bombay Stock Exchange Office, CBD Belapur, through a Dental Check-Up and Oral Health Awareness Camp. A special emphasis was placed on educating participants about the importance of saliva in maintaining oral hygiene and overall dental well-being. This program aimed not only to provide professional dental screening services but also to empower working individuals with preventive knowledge and daily practices that promote oral health. By addressing both dental care and the significance of saliva, the initiative strived to build a foundation for long-term oral health maintenance in the participants.

Aim and Objectives:

- To educate the participants about the importance of saliva in oral health.
- To assess the overall oral health status of the participants.
- To educate patient about ways to maintain oral hygiene

Method:

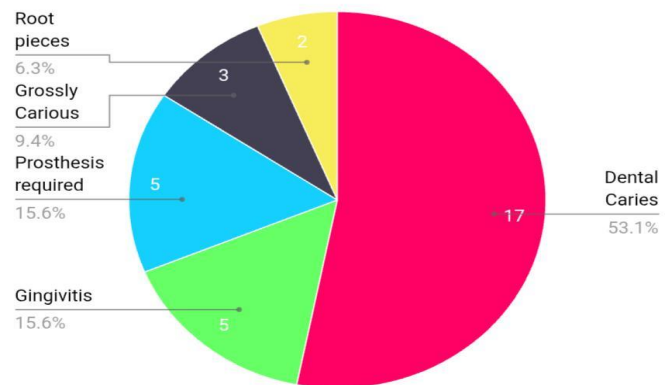
Type III examination of the employees was conducted using mouth mirror and probe to assess their oral health status. Following the evaluation, the participants were provided with information on how to address any identified dental issues. To enhance their understanding about regular visit to a dentist for chrck-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 participants understood effective oral hygiene practices. The initiative also included discussions about the importance of saliva in oral hygiene to create awareness among the participants.

Observations: A total of 42 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Condition	No. of individuals	Percentage %
Dental caries	17	40%
Gingivitis	5	12%
Prosthesis required	5	12%
Grossly caries	3	7%
Root pieces	2	5%

Pie Chart



Interpretation and conclusion:

Dental caries is the most common problem among the employees at Bombay Stock Exchange Office followed by Gingivitis and requirement of Prosthesis. Oral health education and prevention strategies should be implemented in order to reduce these diseases. Discussions about importance of saliva in oral health also instilled awareness in the participants. Many of the participants also reported with good oral hygiene, they were further educated on how to maintain it. Saliva is essential for oral health, as it lubricates the mouth, cleanses the oral cavity, neutralizes harmful acids, removes sugars, and provides essential minerals to strengthen teeth. Its proteins and enzymes also have antimicrobial properties, forming a defense against bacteria, viruses, and fungi that can cause infections, and the physical barrier of mucins helps prevent pathogens from adhering to oral tissues. Saliva's functions also include aiding in the initial stages of digestion and promoting tissue repair.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

Sr. No	List of Participants
Name of faculty	
1.	Dr. Bharat Gupta
2.	Dr. Pankaj Londhe
Name of Interns and Students	
3.	Rhutu Bore
4.	Shejal Chatlawar
5.	Rahul Tarange
6.	Karishma Bhanusali
7.	Kalyani Borkar