



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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MYTHS VS. FACTS ABOUT TEETH WHITENING AT WAVANJE ANGANWADI

Date: 8th July 2025

Venue: Wavanje, Anganwadi

Faculty: Dr. Vaibhav Thakkar

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

Number of Students attended: 06

Tooth whitening is most often done using peroxide-based bleaching agents. At-home systems contain from 3% to 20% peroxide (carbamide or hydrogen peroxides). In-office systems contain from 15% to 43% peroxide. Generally, the stronger the solution and the longer you keep it on your teeth, the whiter your teeth become. 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.

Myth: Teeth whitening results are permanent

Fact: Teeth whitening is not a permanent solution. The duration of the results depends on factors such as lifestyle, diet, and oral hygiene practices. Avoiding staining substances like coffee, tea, and tobacco and maintaining good oral habits can extend the longevity of whitening effects.

Myth: Teeth whitening damages your tooth enamel

Fact: This is the most persistent myth. The truth is that professional teeth whitening, when performed by qualified dental professionals, does not damage tooth enamel. However, overusing at-home products or opting for unregulated procedures can lead to enamel erosion.

Myth: Teeth whitening makes teeth sensitive

Fact: Temporary tooth sensitivity is a common side effect of teeth whitening, but it is usually mild and short-lived. Dentists can help minimize sensitivity by adjusting the treatment plan or recommending desensitizing products. Individuals with existing sensitivity issues should inform their dentist before undergoing whitening procedures.

Aim and Objective:

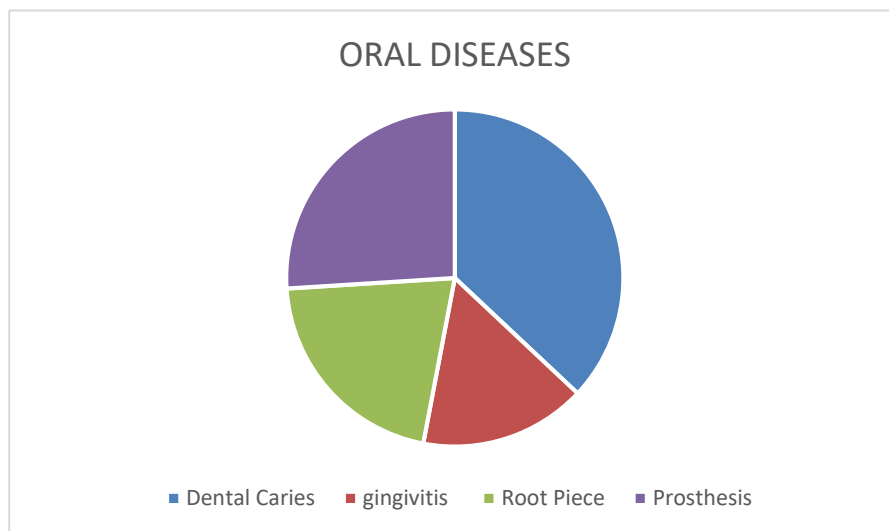
1. To create awareness about the significance of good oral hygiene and how is it necessary to maintain overall health.
2. To educate the resident about the importance of dental check-up.
3. To evaluate their oral health status and provide them with appropriate treatment.

Method:

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.

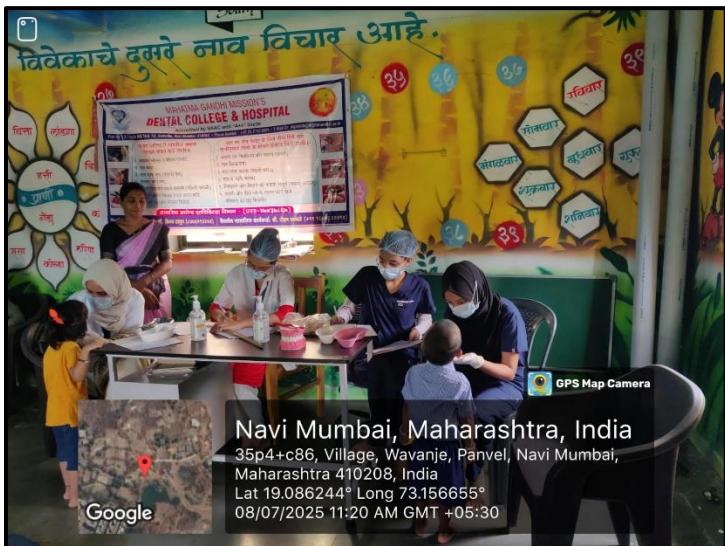
Observations: A total of 68 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe

Sr. no.	Oral diseases	No. Of patients	Percentage %
1.	Dental Caries	25	37
2.	Gingivitis	11	16
3	Root piece	14	21
4.	Prosthesis	18	26



Interpretation and Conclusion:

- The patients visiting the camp had Dental caries and gingivitis. Dental caries (37%) and gingivitis (16%) 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
Name of Interns & Students	
2.	Shabee Khan
3.	Safa Chaudhary
4.	Areeba Nagori
5.	Moreswar Bonge
6.	Rhutu Bore
7.	Judit Koshy