



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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IMPACT OF SMOKING AND ALCOHOL ON ORAL HEALTH

Date: 30th May 2025

Venue: BP petrol pump ,Taloja

Faculty: Dr. Kashmira Kadam , Dr.Pankaj Londhe

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

Number of Students attended: 3

Smoking and heavy alcohol consumption significantly impact oral health, increasing the risk of various problems. Smoking elevates the risk of oral cancer, gum disease, tooth loss, and tooth staining. Alcohol can cause dry mouth, enamel erosion, and increased risk of tooth decay and gum disease, especially when combined with smoking.. MGM Dental College is dedicated to promoting oral health awareness within the community. Recently, this initiative was extended to the employees at BP Petrol Pump Taloja , aiming to educate them about the importance of regular check-up while providing essential oral health care. The program seeks to empower people with knowledge of the deleterious effect of smoking and alcohol consumption .

Aim and Objectives:

- To educate the general population about the importance of maintaining oral health and make them aware of the detrimental effect of various forms of tobacco.
- To assess the overall oral health status of the participating individual.
- To encourage healthy dietary choices that support dental health

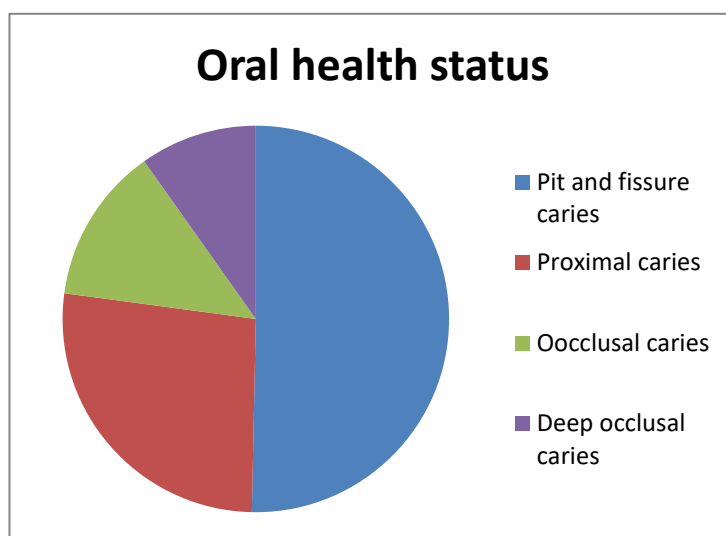
Method:

An examination 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 113 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 %
Pit and fissure caries	17	15
Proximal caries	6	5.3
Occlusal caries	22	19.4
Deep occlusal caries	10	8.8
Periodontitis	22	19.4
Generalized chronic marginal gingivitis	36	31.8



Interpretation and conclusion:

1. 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.



TREATMENT DONE BY TEAM MEMBERS AT
CAMP SITE



INVESTIGATION BEING DONE BY THE TEAM
MEMBER AT CAMP SITE

List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Kashmira Kadam
2	Dr.Pankaj Londhe
Name of Interns	
3.	Harsha satpute
4.	Khadija Javed
5.	Shreya khuntegave