



**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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**PREVENTIVE CARE TIPS FOR TEETH DURING COLD SEASONS AT
NSS CAMP LOHOP**

Venue: LOHOP

Date: 17 march 2025

Faculty: Dr. Swati Singh, Dr. Pankaj Londhe

Organizing Agency: Dept of Public Health Dentistry MGMDCH; NSS unit of MGMDCH

Number of Students attended: 2

The importance of preventive dental care during cold seasons is increasingly recognized by dental professionals and public health advocates. Cold weather can exacerbate oral health issues such as tooth sensitivity, gum inflammation, and dry mouth, making it essential to adopt proactive measures. During the NSS camp held at Lohop, awareness was raised about maintaining good oral hygiene in winter months, especially among vulnerable populations. Children and elderly individuals are particularly susceptible to neglecting oral care due to seasonal discomfort. Participants were educated on practices such as using fluoride toothpaste, avoiding extremely hot or cold foods, staying hydrated, and protecting lips and gums from dryness. Such seasonal dental awareness initiatives are pivotal in shaping long-term oral health habits and reducing disease burden in rural communities. MGM Dental College is dedicated to promoting oral health awareness within the community. Recently, this initiative was extended to the students at Lohop, aiming to educate them about the importance of regular check-up while providing essential oral health care. 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 villagers about the importance of maintaining oral hygiene during cold seasons.
- To raise awareness about common winter-related dental issues like tooth sensitivity and dry mouth.
- To promote preventive measures such as regular brushing, hydration, and avoiding extreme temperatures in food and drinks.
- To encourage the use of fluoride toothpaste and lip protection to combat cold-induced oral problems.
- To provide simple and practical dental care tips that can be followed in rural settings.
- To support long-term oral health habits through seasonal awareness programs.

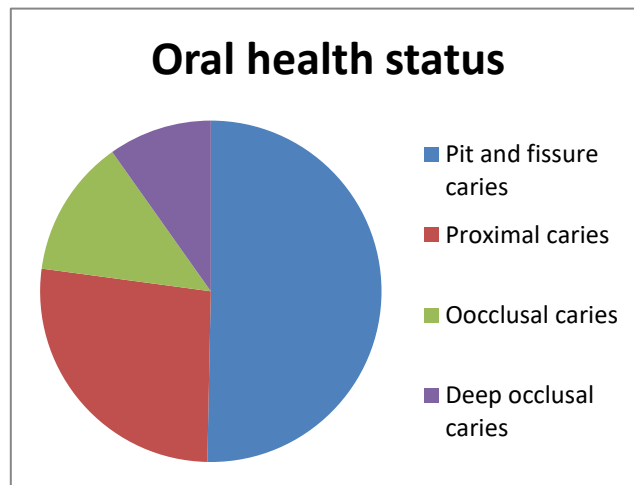
Method:

A general dental screening of the villagers, especially children and elderly individuals, was conducted using a torch and tongue depressor to assess oral health status during the cold season. Common complaints like tooth sensitivity, gum discomfort, and dry mouth were identified. Following the assessment, participants were educated on how cold weather affects oral health and ways to prevent related issues. To make the session engaging and informative, short videos were shown illustrating the impact of winter neglect on teeth and demonstrating preventive steps such as staying hydrated and avoiding extreme temperature foods. A live demonstration of correct brushing techniques using a dental model was also conducted, emphasizing the importance of twice-daily brushing with fluoride toothpaste. Interactive discussions were held to highlight the role of warm saltwater rinses, lip care, and regular dental visits in maintaining oral health during winters. Educational pamphlets in simple language were distributed to ensure lasting awareness and behaviour change.

Observations: A total of 73 individuals from Lohop village were examined for various cold season-related dental problems such as tooth sensitivity, dry mouth, gum inflammation, and plaque accumulation. Many participants reported increased discomfort in their teeth during the winter months, especially while consuming cold or hot foods. Individuals showing signs of dental decay or requiring further treatment were referred to MGM Dental College and Hospital, Kamothe, for advanced care and management.

Oral health status:

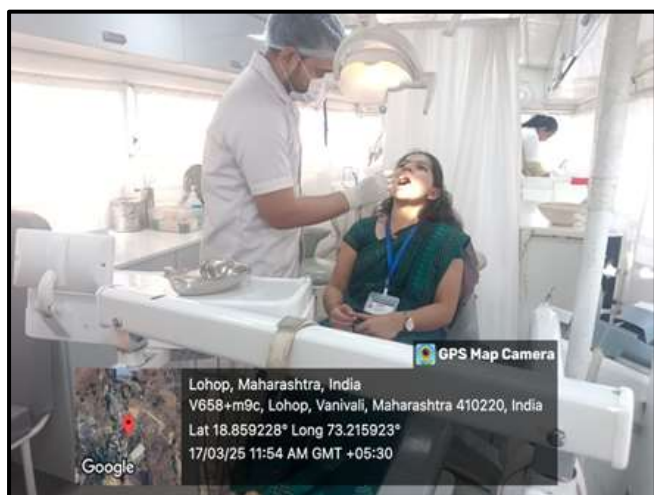
Condition	No. of individuals	Percentage %
Periodontal problem	38	52.7%
Proximal caries	15	17%
Occlusal caries	12	14%
Deep occlusal caries	13	16%



Interpretation and conclusion:

Pit and fissure caries is the most common problem among the children followed by proximal caries.

Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these children.



**INVESTIGATION BEING DONE BY
TEAM MEMBER**

Sr. No	List of Participants
Name of faculty	
1	Dr. Swati Singh
2	Dr. Pankaj Londhe
Name of Interns	
1.	Vikrant Vyavahare
2.	Dev Yadav