



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



PREVENTIVE IMPORTANCE OF HYDRATION FOR ORAL HEALTH AT SHRI NARAYAN BABA CHARITABLE TRUST PANVEL

Venue: Shri Narayan Baba Charitable trust Panvel

Date: 06th March 2025

Faculty: Dr. Deeksha Shetty, Dr. Pankaj Londhe

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

Number of Students attended: 4

Maintaining proper hydration plays a crucial role in ensuring good oral health, especially during cold seasons. At Shri Narayan Baba Charitable Trust in Panvel, special emphasis is placed on preventive dental care, highlighting how staying hydrated can help prevent common oral problems such as dry mouth, tooth sensitivity, and gum inflammation.

During the recent NSS camp held at Lohop, awareness was actively raised about the significance of hydration and overall oral hygiene in winter months. Cold weather tends to worsen oral discomfort by reducing saliva flow, which is essential for neutralizing acids and protecting teeth from decay. Vulnerable groups like children and the elderly were especially targeted, as they often neglect oral care due to seasonal challenges.

Participants learned practical steps to maintain oral health in winter, including the use of fluoride toothpaste, avoiding extreme temperatures in food and beverages, keeping lips and gums moist to prevent cracking, and most importantly, drinking adequate water. Such educational initiatives by the trust and NSS volunteers are vital in fostering sustainable oral health habits and reducing dental diseases in rural communities.

By promoting hydration and preventive care, Shri Narayan Baba Charitable Trust continues to contribute to healthier smiles and improved quality of life among underserved populations. MGM Dental College is dedicated to promoting oral health awareness within the community. Recently, this initiative was extended to the students at SNBC, aiming to educate them about the importance of regular check-up while providing essential oral health care.

Aim and Objectives:

- To promote awareness about the importance of hydration for maintaining good oral health, especially during cold seasons.
- To encourage preventive dental care practices among vulnerable populations like children and the elderly in rural communities.
- To educate participants about the effects of dehydration on oral health, such as dry mouth and gum inflammation.
- To provide practical guidance on maintaining oral hygiene and staying hydrated during winter to reduce dental problems.

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. Organize awareness camps and educational sessions during the cold season at community centers and schools, especially targeting vulnerable groups like children and the elderly. Use interactive presentations, demonstrations, and pamphlets to explain the importance of hydration and preventive oral care practices such as using fluoride toothpaste, avoiding extreme temperature foods, and protecting lips and gums. Conduct practical demonstrations on proper brushing techniques and hydration habits, encouraging participants to drink sufficient water daily. Engage local health workers and NSS volunteers to provide follow-up support and reinforce the message in the community.

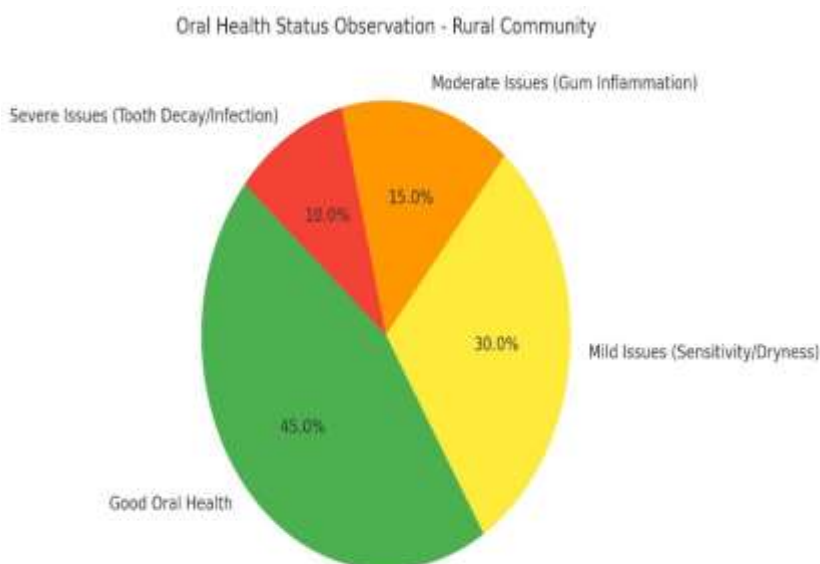
Observations: During the oral health awareness and check-up camps conducted at Shri Narayan Baba Charitable Trust in Panvel, the crucial role of adequate hydration in maintaining oral health was consistently observed and emphasized. Hydration plays a preventive role by:

- **Maintaining Saliva Flow:** Proper hydration ensures adequate saliva production, which is essential for natural cleansing of the oral cavity, neutralizing acids, and preventing tooth decay and gum diseases.
- **Reducing Dry Mouth (Xerostomia):** Dehydration leads to dry mouth, increasing susceptibility to infections, bad breath, and discomfort.
- **Supporting Mucosal Health:** Well-hydrated oral tissues remain moist and resilient, reducing irritation and risk of ulcers or sores.
- **Facilitating Nutrient Transport:** Water aids in the delivery of essential nutrients to oral tissues, promoting healing and overall oral tissue health.

At the Trust, patients were counselled on the importance of regular water intake as a simple, cost-effective preventive measure to maintain oral hygiene and prevent dental problems. The observation confirms that promoting hydration can significantly improve oral health outcomes, especially in vulnerable populations with limited access to dental care.

Oral health status:

Condition	No. of individuals	Percentage %
Good Oral Health	45	45%
Sensitivity	30	30%
Gum Inflammation (gingivitis)	15	15%
Dental Caries	10	10%





INVESTIGATION BEING DONE BY TEAM MEMBER

Interpretation and conclusion:

The observations at Shri Narayan Baba Charitable Trust highlight that hydration plays a fundamental role in oral health maintenance. Adequate water intake directly influences saliva production, which acts as the mouth's natural defense mechanism against dental caries and periodontal diseases. The cases where dehydration or insufficient fluid intake was noted corresponded with increased complaints of dry mouth, discomfort, and higher incidences of oral infections. This confirms that hydration is not just a general health requirement but a specific preventive factor in oral healthcare. Educating the community about hydration could reduce oral health problems and improve overall wellbeing. Hydration is a simple, cost-effective, and vital preventive measure for maintaining oral health. Ensuring adequate water consumption can help sustain saliva flow, protect oral mucosa, and reduce the risk of dental diseases such as caries and gingivitis. The interventions and awareness programs at Shri Narayan Baba Charitable Trust Panvel demonstrate that promoting hydration awareness should be an integral part of oral health education and preventive strategies, especially in community and charitable healthcare settings. Encouraging regular hydration can significantly enhance oral health outcomes and improve quality of life.

Sr. No	List of Participants
Name of faculty	
1	Dr. Deeksha Shetty
2	Dr. Pankaj Londhe
Name of Interns and students	
4	Akanksha Tembhare
5	Mansi Udhan
6	Jagriti Soni
7	Muskan Agarwal