



**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
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**THE IMPORTANCE OF BI-ANNUAL DENTAL CLEANINGS AT CIDCO
EXHIBITION CENTRE**

Date: 29th March 2025

Venue: CIDCO EXHIBITION CENTRE

Faculty: Dr. Vaibhav Thakkar

Organizing Agency: Department of Public Health Dentistry, MGDCH, NSS Unit of MG,MDCH

Number of Students attended: 2

Oral health is a critical component of overall well-being. Bi-annual dental cleanings—recommended every six months—are essential preventive measures that help maintain good oral hygiene, detect dental issues early, and support long-term health. This report outlines the importance of regular dental cleanings, their benefits, and the risks associated with neglecting them. MGM Dental College is dedicated to promoting oral health awareness within the community. Recently, this initiative was extended to the students at CIDCO Exhibition Centre, aiming to educate them about the importance of regular check-up while providing essential oral health care.

Aim and Objectives:

- To explain the benefits of bi-annual dental cleanings.
- To outline the risks associated with neglecting regular dental check-ups.
- To encourage adherence to preventive dental care practices.
- To demonstrate the cost-effectiveness and long-term value of routine oral hygiene.

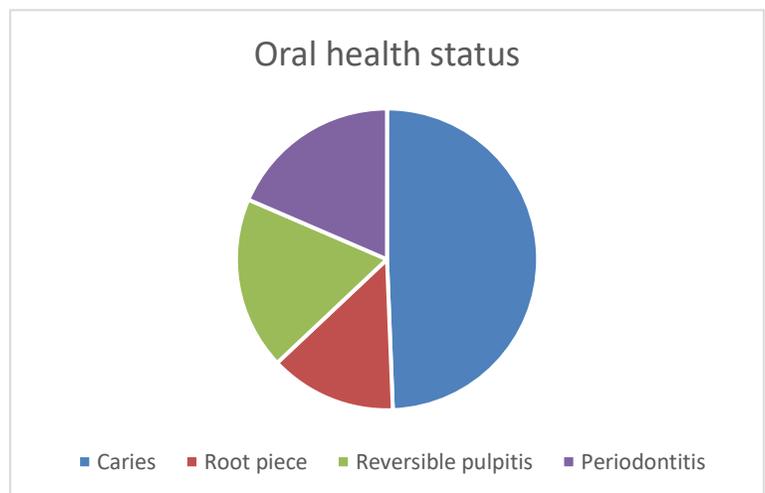
Method:

This report is based on a review of current dental health guidelines, professional dental care practices, and existing literature. The key points have been synthesized to provide a clear overview of why bi-annual dental cleanings are necessary. No experimental or clinical data were collected for this report. A type III examination was carried out using tongue depressor in day light. The benefit of bi-annual checkup was explained to the participants.

Observations: A total of 162 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 %
Caries	80	50%
Root piece	22	13.5%
Reversible pulpitis	30	18%
Periodontitis	30	18%

**Interpretation and conclusion:**

Bi-annual dental cleanings play a critical role in preventive healthcare. They not only help maintain healthy teeth and gums but also contribute to early detection of potential oral and systemic issues. By removing plaque, tartar, and stains, these cleanings reduce the risk of cavities, gum disease, and associated health problems. Individuals who follow a consistent schedule of dental visits are more likely to avoid complex and costly treatments in the future. Regular cleanings, combined with daily oral hygiene, are essential to achieving and maintaining long-term oral health.



ORAL EXAMINATION PERFORMED BY THE DENTAL TEAM

List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Vaibhav Thakkar
Name of Interns	
1.	Vikrant Vyavahare
2.	Dev Yadav