



## 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 ROLE OF NUTRITION IN MAINTAINING HEALTHY TEETH AND GUMS AT KHOPOLI**

**Date:** 18<sup>TH</sup> MARCH 2025

**Venue:** Khopoli

**Faculty:** Dr. Swati Singh, Dr. Aishwarya Patil

**Organizing Agency:** Public Health Dentistry Department MGMDCH; PSM Department MGM Medical College; NSS Unit of MGMDCH

**Number of Students attended:** 4

Nutrition is vital for maintaining healthy teeth and gums, with a balanced diet promoting strong enamel and gum tissue. Key nutrients like calcium, phosphorus, and vitamin D are essential for building and maintaining strong teeth, while vitamin C supports gum health. Limiting sugary and acidic foods helps prevent tooth decay and gum disease. MGM Dental College is dedicated to promoting oral health awareness within the community. Recently, this initiative was extended to the students at the school in Khopoli, aiming to educate them about the importance of good nutritional practices to maintain healthy oral hygiene. The program seeks to empower children with knowledge about balanced diet and its effects on oral as well as general health.

#### **Aim and Objectives:**

- To educate children about the importance of balanced diet.
- To assess the overall oral health status of the participating children.
- To encourage oral hygiene practices that support dental health.

#### **Method:**

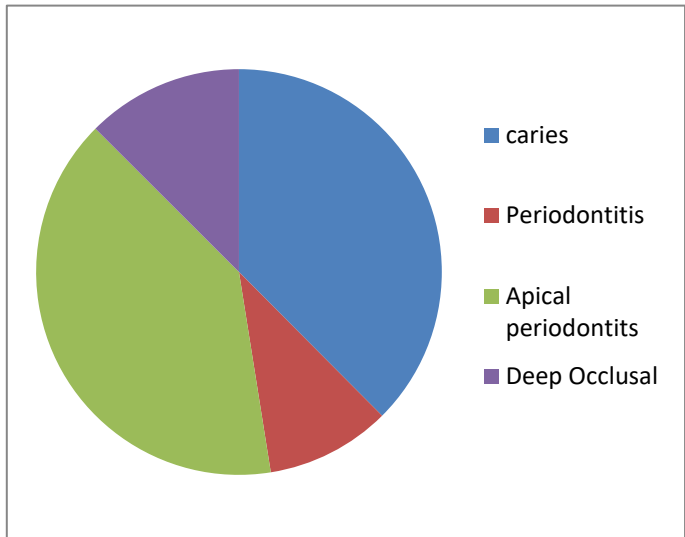
A type IV examination of the children was conducted using tongue depressor to assess their oral health status. Following the evaluation, the children were provided with information on how to address any identified dental

issues. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of untreated cavities and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model, ensuring that the children understood effective oral hygiene practices. The initiative also included discussions about the importance of regular dental check-ups and the benefits of fluoride, further reinforcing the message of comprehensive oral health care.

**Observations:** A total of 170 individuals were examined for various dental problems. Around 45 of them requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

**Oral health status:**

Condition	No. of individuals	Percentage %
Caries	75	44.1%
Periodontitis	20	11.7%
Apical Periodontitis	80	47%
Root piece	25	14.7%



**Interpretation and conclusion:**

Occlusal caries is the most common problem among the children followed by pit and fissure caries. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these children. To maintain health, the human body needs daily nourishment in the form of carbohydrates, proteins and minerals. The associations between oral health conditions, dietary practices and

nutritional status, and general health status are complex with many interrelating factors. Inadequate nutrition can affect the oral health including dental caries, periodontal diseases, diseases of oral mucosa and infectious diseases.



ORAL EXAMINATION PERFORMED BY THE DENTAL  
TEAM



MGM DENTAL AND MEDICAL TEAM AT KHOPOLI

### **List of Attendees**

<b>Sr. No</b>	<b>List of Participants</b>
<b>Name of faculty</b>	
<b>1</b>	Dr. Swati Singh
<b>2</b>	Dr. Aishwarya Patil
<b>Name of Interns and students</b>	
<b>3.</b>	Mizba Zaidi
<b>4.</b>	Akanksha Tembhare
<b>5.</b>	Dev Yadav
<b>6.</b>	Rutuja Tekale
<b>7.</b>	Kazim Akhtar
<b>8.</b>	Suyash Adakne