



## 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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### **SAFE USE OF FLUORIDE TOOTHPASTE IN KIDS AT SSRTS ULWE**

**Date: 25th November 2025**

**Venue: SSRTS Ulwe**

**Faculty: Dr. Mausami Malgaonker, Dr. Pankaj Lodhe**

**Organizing Agency: Department of Public Health Dentistry MGMDCH, NSS Unit of MGMDCH**

**Number of Students attended: 4**

Fluoride toothpaste plays an important role in preventing dental caries in children. Fluoride strengthens tooth enamel and makes teeth more resistant to acid attacks from bacteria and sugars in the mouth. However, improper use of fluoride toothpaste, especially swallowing large amounts, may lead to dental fluorosis in young children.

Therefore, it is important that children use the correct amount of fluoride toothpaste under parental supervision. A smear or rice-grain sized amount is recommended for children under 3 years, and a pea-sized amount for children aged 3–6 years. Educating parents and children about the safe use of fluoride toothpaste is essential for maintaining good oral health.

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

- To assess awareness and practice regarding the safe use of fluoride toothpaste among children attending the dental camp.
- To examine the oral hygiene practices of children using fluoride toothpaste.
- To evaluate whether children are using the correct amount of fluoride toothpaste.
- To educate children and parents about the safe and effective use of fluoride toothpaste.

**Method:**

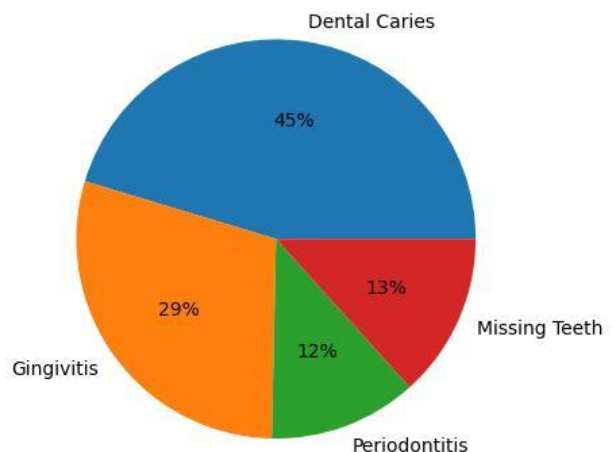
- A dental camp was conducted where **150 children** were examined.
- Information was collected through a **simple questionnaire and interaction with parents.**
- The following factors were recorded:
  - Type of toothpaste used
  - Amount of toothpaste used
  - Brushing frequency
  - Parental supervision during brushing
- Type 4 Oral examination was carried out using tongue depressor and available illumination to observe:
  - Dental caries
  - Oral hygiene status
  - Signs of improper fluoride use.

**Observations:** A total of 150 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 Children	Percentage
Dental Caries	68	45%
Gingivitis	44	29%
Periodontitis	18	12%
Missing Teeth	20	13%
Total	150	100%

Oral Health Status Distribution among 150 Children



## Interpretation and conclusion:

Out of total 150 children, almost 45% children are suffering from various type of caries followed by 29% suffering from Gingivitis. Few of them that is 12% are suffering from Periodontitis and 13% from missing teeth. A significant number of children either used **too much toothpaste** or **did not use fluoride toothpaste at all**. Excessive use may increase the risk of fluorosis, while inadequate or absent use reduces the protective benefits against dental caries.

The findings suggest a need for **better parental awareness and supervision** during children's brushing habits.

The dental camp study highlights the importance of educating children and parents about the safe use of fluoride toothpaste. Proper use of fluoride toothpaste in the recommended amount helps prevent dental caries while minimizing the risk of fluorosis. Regular oral health education, parental supervision, and correct brushing practices can significantly improve oral health among children.



### List of Attendees

<b>Sr. No</b>	<b>List of Participants</b>
<b>Name of faculty</b>	
1.	<b>Dr. Mausami Malgaonker</b>
2.	<b>Dr. Pankaj Lodhe</b>
<b>Name of Interns</b>	
3.	Shantanu Kurle
4.	Sahil Koparkar
<b>Name of Students</b>	
5.	Prateek Palwa
6.	Muskan Raut