



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
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### TEETH GRINDING AND ITS IMPACT AT UPHC-KALUNDRE

**Date:** 25/09/2025

**Venue:** UPHC 7-KALUNDRE

**Faculty Incharge:** DR VAIBHAV THAKKAR

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

**Number of Students attended:** 4

Teeth grinding, commonly known as bruxism, is an often unnoticed but significant oral health issue among individuals. It may occur during sleep or in waking hours and is frequently associated with stress, anxiety, improper bite, or lifestyle factors. Many patients remain unaware of the condition until visible signs such as tooth wear or jaw discomfort appear. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral health care initiative was also extended to the patients at UPHC KALUNDRE with intention of providing proper health care to patients.

Bruxism, if ignored, can gradually affect chewing efficiency, lead to sensitivity, and increase the risk of fractures or temporomandibular joint (TMJ) problems. Therefore, early identification and awareness at the community level play a crucial role in preventing long-term oral complications.

#### **Aim and objective:**

- To create awareness about bruxism among community members.
- To identify individuals showing signs of teeth grinding.
- To promote early management to prevent long-term dental complications.

#### **Method**

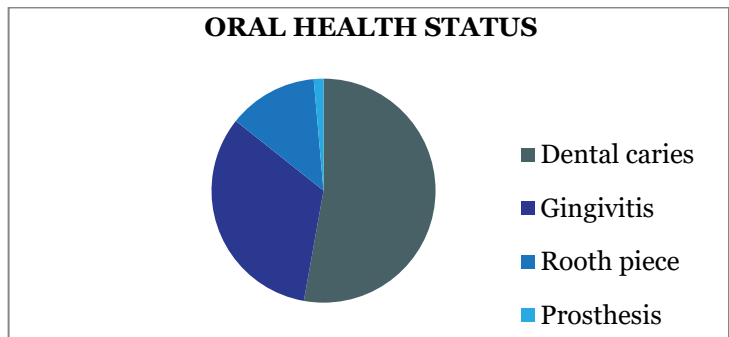
Patients attending the UPHC were examined clinically. Type IV examination was carried out using tongue depressor and proper illumination. Signs such as flattened tooth surfaces, enamel loss, jaw pain, and dentin exposure were recorded. After assessment, individuals were educated about the causes and effects of bruxism.

Preventive guidance included stress reduction methods, jaw relaxation exercises, sleep hygiene, and the use of night guards where necessary.,

**Observation:**

1. A number of individuals exhibited mild to moderate tooth wear and reported morning headaches or jaw discomfort
2. .A total of 35 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Dental caries	16	45
Gingivitis	10	28
Root piece	4	11
Prosthesis	5	15



**Interpretation and conclusion:**

Out of 35 individuals examined at total of 45% individuals suffered from dental caries,28% people had marginal gingivitis ,11% people had root pieces in their oral cavity and 15% people had prosthesis .Teeth grinding (bruxism) was noted in several individuals during the camp, often associated with stress, anxiety, and incorrect biting patterns. Mild to moderate wear facets, tooth sensitivity, and occasional jaw pain were common findings, indicating the gradual but harmful effects of untreated bruxism.The observations highlight the importance of early detection and awareness among the community. Simple measures such as stress reduction, habit control, and timely use of night guards can prevent further tooth damage. Regular dental check-ups and patient education remain essential to manage bruxism effectively and maintain long-term oral health.



Oral examination at the camp site

**List of Attendees**

<b>Sr. No</b>	<b>List of Participants</b>
<b>Name of faculty</b>	
1.	Dr. Vaibhav Thakkar

<b>Name of Interns &amp; students</b>	
2	Samiksha Jain
3.	Sarah Lakadawalla
4	Anjali Malpani
5	Prisha Jain