



**MAHATMA GANDHI MISSION'S DENTAL COLLEGE &  
HOSPITAL**

Accredited by NAAC with "A++" Grade  
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**AWARENESS OF DRY MOUTH AND ITS CAUSES AT SHRI NARAYAN BABA CHARITABLE  
TRUST, PANVEL**

**Date: 16<sup>TH</sup> OCT 2025**

**Venue: SHRI NARAYAN BABA CHARITABLE TRUST, PANVEL**

**Faculty: Dr. Swati Singh, Dr. Pankaj Londhe**

**Organizing Agency: DEPARTMENT OF PUBLIC HEALTH DENTISTRY, MGMDCH, NSS UNIT,  
MGMDCH, SHRI NARAYAN BABA CHARITABLE TRUST, PANVEL**

**Number of Students attended: 04**

Dry mouth, medically known as xerostomia, is a common yet often overlooked condition that occurs when the salivary glands do not produce enough saliva to keep the mouth adequately moist. Saliva plays a vital role in maintaining oral health by aiding in digestion, protecting teeth from decay, preventing infections, and ensuring comfort during speaking and swallowing. A persistent lack of saliva can lead to difficulties in eating and talking, increased risk of dental problems, bad breath, and a reduced quality of life.

The awareness of dry mouth is particularly important because it can be caused by various factors such as dehydration, certain medications, stress, aging, and underlying medical conditions like diabetes or autoimmune disorders. Despite its impact, many individuals ignore early symptoms or consider them minor, which may result in complications if left unmanaged..

To raise awareness about this issue, the Department of Public Health Dentistry of **MGM DENTAL COLLEGE AND HOSPITAL, KAMOTHE NAVI MUMBAI** organized a community awareness camp highlighting its causes, complications, and preventive measures.

As part of MGM Dental College's commitment to community oral health, an awareness program was conducted at **Shri Narayan Baba Charitable Trust, Panvel**. The initiative aimed to educate individuals about recognizing symptoms of dry mouth, the importance of regular dental check-ups, and maintaining proper oral hygiene practices to prevent complications.

**Aim and Objectives:**

- A. To educate individuals about the causes and symptoms of dry mouth.
- B. To explain the possible complications such as dental caries, gum disease, and oral infections.
- C. To emphasize the importance of early diagnosis and regular dental check-ups.
- D. To provide guidance on preventive measures and proper oral hygiene practices.
- E. To empower the community with knowledge to manage and prevent xerostomia effectively.

**Method of Examination: Screening**

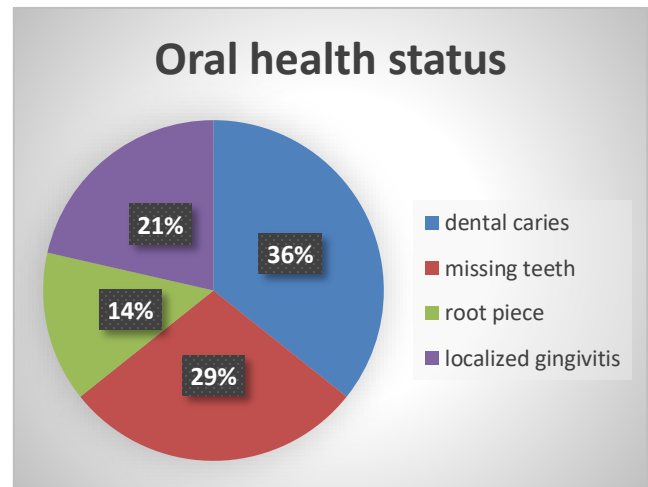
An examination of the individuals was conducted using tongue depressor and adequate illumination (type IV examination) to assess their oral health status. Following the evaluation, the individuals were provided with information on how to address any identified dry mouth

with symptoms, complications, and preventive measures. 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 individuals 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 number of 14 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 %
Dental caries	05	35%
Missing teeth	04	28%
Root piece	02	14%
Localized gingivitis	03	21%



### Interpretation and conclusion:

The oral health screening of 14 individuals revealed that 35% had dental caries, 28% had missing teeth, 14% had retained root pieces, and 21% presented with localized gingivitis. The high prevalence of dental caries and gingival inflammation indicates inadequate oral hygiene practices and delayed dental care. Missing teeth and root pieces further suggest untreated or neglected dental conditions.

These findings may be associated with xerostomia (dry mouth), as reduced salivary flow increases the risk of tooth decay, gum disease, and oral infections. Limited awareness about the symptoms and complications of xerostomia may contribute to the progression of these conditions.

Overall, the results highlight the need to improve awareness about dry mouth, its impact on oral health, and the importance of preventive measures such as proper oral hygiene, fluoride use, adequate hydration, and regular dental check-ups to reduce the burden of oral diseases.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

### List of Attendees

Sr. No	List of Participants
<b>Name of faculty</b>	
1.	Dr. Swati Singh
2.	Dr. Pankaj Londhe
<b>Name of Interns&amp; students</b>	
3.	Rahul Tarange
4.	Krushinandan
5.	Tanaya Pawaskar
6.	Prerana Pawar