



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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IMPORTANCE OF FERMENTED FOOD IN ORAL HEALTH AT ANC CAMP, MGM MEDICAL COLLEGE AND HOSPITAL

Date: 26th November 2025

Venue: ANC Camp, MGM Medical College and Hospital, Kamothe

Faculty: Dr. Swati Singh, Dr. Pankaj Lodhe

Organizing Agency: Department of Public Health Dentistry MGMDCH, NSS Unit of MGMDCH, Department of Preventive and Social Medicine, MGM Medical College and Hospital, Kamothe, Navi Mumbai

Number of Students attended: 3

Fermented foods are foods produced through controlled microbial growth and enzymatic conversion of food components. Common fermented foods include yogurt, curd, kefir, idli, dosa batter, kimchi, sauerkraut, and pickles. These foods contain beneficial microorganisms known as probiotics, which help maintain a healthy balance of bacteria in the body.

In oral health, probiotics present in fermented foods help control harmful bacteria in the mouth. They can reduce plaque formation, improve gum health, reduce bad breath, and help prevent dental caries and gum diseases. Therefore, fermented foods play an important role in maintaining good oral hygiene and overall oral health.

Aim and Objectives:

- To study the importance of fermented foods in maintaining oral health among patients attending the dental camp.

- To assess the oral health status of patients consuming fermented foods.
- To evaluate the relationship between fermented food intake and oral hygiene.
- To create awareness about the benefits of fermented foods for oral health.

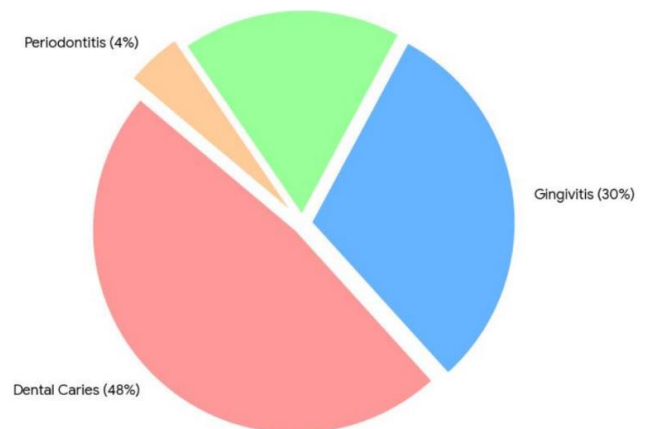
Method:

- A dental camp was conducted where **23 patients** were examined.
- A short questionnaire was used to collect information regarding:
 - o Dietary habits
 - o Frequency of fermented food consumption
 - o Oral hygiene practices
- Type 3 Oral examination was performed using Mouth mirror, explorer and adequate illumination:
 - o Dental plaque
 - o Gum health
 - o Signs of dental caries
 - o Presence of bad breath
- Patients were categorized based on their oral health condition and fermented food consumption.

Observations: A total of 23 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 Patients	Percentage
Dental Caries	11	48%
Gingivitis	7	30%
Periodontitis	1	4%
Missing Teeth	4	18%
Total	23	100%



Patients who consumed fermented foods such as curd or yogurt regularly showed better gum condition and less plaque accumulation compared to those who rarely consumed them.

Interpretation and conclusion:

Out of total 23 individuals almost 48% were suffering from various types of caries, followed by 30% were suffering from Gingivitis, followed by 18% by missing teeth and 4% by Periodontitis. The results indicate that patients who regularly consumed fermented foods had comparatively better oral health. The probiotics present in fermented foods help in controlling harmful oral bacteria and maintaining microbial balance in the mouth. Patients who did not consume fermented foods frequently showed more plaque accumulation and mild gum problems.

Although fermented foods contribute positively to oral health, they should be combined with proper oral hygiene practices such as brushing twice daily, flossing, and regular dental check-ups.

The study conducted during the dental camp suggests that fermented foods play a beneficial role in maintaining oral health. Regular consumption of fermented foods can help reduce harmful bacteria, improve gum health, and support overall oral hygiene. Increasing awareness about the importance of fermented foods along with proper dental care can help improve oral health in the community.



List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Swati Singh
2	Dr. Pankaj Lodhe
Name of Interns	
3.	Prapti Kapase
Name of Students	
4.	Ruchika Nimje
5.	Tanushree Patil