



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
Plot No. 1 & 2 Sector-01 (Old 18 & 19),  
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### **TOBACCO & YOUR MOUTH: HOW SMOKING AND CHEWING TOBACCO CAUSES CANCER** **AT BHARAT PETROLEUM, JNPT**

**Date: 6<sup>TH</sup> DECEMBER 2025**

**Venue: BHARAT PETROLEUM, JNPT**

**Faculty: Dr. Kashmira Kadam, Dr. Pankaj Londhe**

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

**Number of Students attended: 5**

Tobacco use is a major public health concern and is strongly associated with various oral diseases, including oral cancer, periodontal disease, and precancerous lesions. Both smoking and smokeless forms of tobacco such as chewing tobacco, gutkha, and pan masala are widely consumed in many communities, increasing the risk of serious health complications. Oral cancer is one of the most common cancers in India, and a large proportion of these cases are directly related to tobacco consumption. Dental professionals play a crucial role in educating the public about the harmful effects of tobacco and in promoting early detection of oral lesions. With this objective, a dental health awareness camp titled "Tobacco and Your Mouth: How Smoking and Chewing Tobacco Causes Cancer" was organized by PHD department of MGMDCH to educate the community about the dangers of tobacco and encourage healthier lifestyle choices.

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

- To educate individuals about the relationship between tobacco use and oral cancer.
- To inform the community about the early signs and symptoms of oral cancer and precancerous lesions.
- To motivate tobacco users to reduce or quit the habit.
- To conduct basic oral screening for early detection of tobacco-related oral lesions.
- To promote preventive oral health practices within the community.

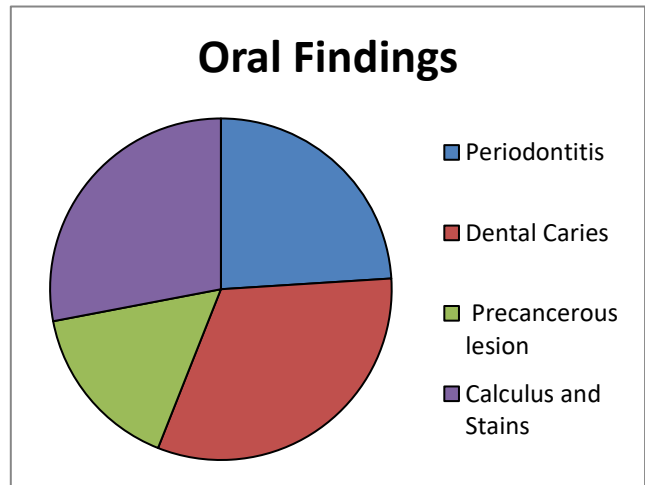
**Method:**

The dental health camp was conducted by faculty members and undergraduate students of the MGMDCH at Bharat Petroleum, JNPT. Educational materials such as posters, charts, and pamphlets were used to explain the harmful effects of tobacco. Interactive lectures and demonstrations were conducted to highlight how smoking and chewing tobacco affect the oral cavity and may lead to oral cancer. Participants attending the camp were first registered and their basic demographic information was recorded. Type III Oral examinations were then carried out using mouth mirrors, probes, and adequate illumination to identify any abnormalities, such as white patches, red lesions, ulcers, or restricted mouth opening. Individuals showing suspicious lesions were advised to visit the dental college for further evaluation and treatment. Counseling sessions were also provided to encourage participants to quit tobacco.

**Observations:** A total of 25 individuals were examined for routine dental checkup and signs and symptoms of precancerous lesions. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

**Oral health status:**

Findings	No. of individuals	Percentage %
Periodontitis	06	24
Dental Caries	08	32
Precancerous lesion	04	16
Calculus and Stains	07	28



### Interpretation and conclusion:

The camp highlighted the high prevalence of tobacco use in the community and the lack of awareness regarding its harmful effects on oral health. It was found that out of 25 individuals, 6 patients had generalized periodontitis, 8 with dental caries, 4 with precancerous lesion and others with severe staining of teeth due to the habit of tobacco consumption. Both smoking and smokeless forms of tobacco such as chewing tobacco, gutkha, and pan masala are widely consumed in many communities, increasing the risk of serious health complications. Oral cancer is one of the most common cancers in India, and a large proportion of these cases are directly related to tobacco consumption. Early screening helped identify individuals with suspicious lesions who were referred for further diagnosis and management.



Dental Team at the Camp Site



Oral Prophylaxis done by the Dental Team

### List of Attendees

<b>Sr. No</b>	<b>List of Participants</b>
<b>Name of faculty</b>	
1.	Dr. Kashmira Kadam
2.	Dr. Pankaj Londhe
<b>Name of Interns &amp; students</b>	
3.	Shantanu Kurle
4.	Shweta Kharat
5.	Prapti Kapse
6.	Jinay Punamiya
7.	Drishti Soni