



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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ORAL HEALTH RISKS IN PATIENTS WITH HYPERTENSION AT NMMC BELAPUR

Date: 22NDSeptember, 2025

Venue: NMMC Belapur

Faculty: Dr. Swati Singh, Dr. Saurabh Waghchaure

Organizing Agency: Department of Public Health Dentistry MGMDCH; NSS UNIT of MGMDCH; Navi Mumbai Municipal Cooperation

Number of Students attended: 03

Hypertension is a chronic systemic condition known to affect multiple organs, yet its impact on oral health often goes unnoticed. Patients with hypertension are at a significantly higher risk for various oral health problems due to medication side effects, reduced salivary flow, compromised healing capacity, and systemic inflammation. Antihypertensive drugs can contribute to xerostomia, gingival enlargement, altered taste sensation, and increased susceptibility to dental caries and periodontal disease.

Considering these risks, a dental screening and awareness camp focusing on hypertensive patients was organized to evaluate oral health needs, identify disease patterns, and promote preventive measures. The initiative aimed to bridge the gap between medical and dental care, emphasizing the importance of integrated health management in individuals with high blood pressure.

Aim and Objectives:

- To assess the oral health status of patients diagnosed with hypertension.
- To identify common oral manifestations associated with hypertension and its medications.
- To educate patients on oral hygiene practices essential for those with systemic health conditions.
- To counsel individuals on the effects of xerostomia, gingival changes, and delayed healing.

Method:

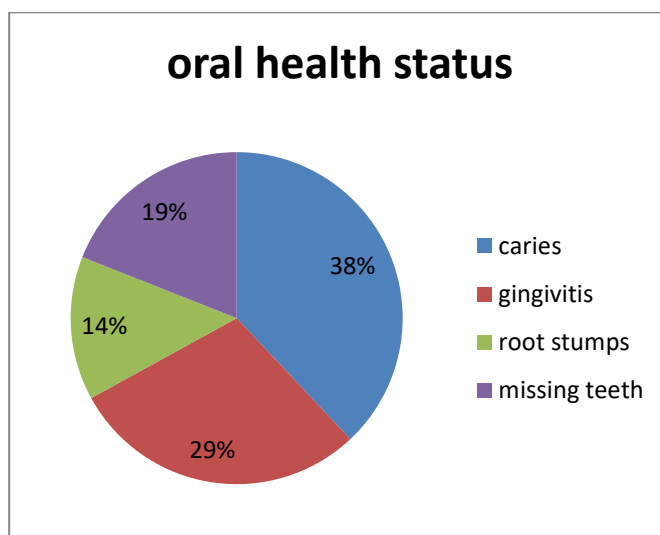
A dental screening camp was conducted for hypertensive individuals under the supervision of the faculty incharge and interns from the Department of Public Health Dentistry. Each participant's blood pressure status and medical history were reviewed prior to oral examination.

The oral screening was performed according to Type IV method using tongue depressors under adequate illumination. Patients were evaluated for dental caries, gingival inflammation, periodontal pockets, xerostomia, gingival enlargement, root caries, and attrition. Medication history was cross-checked to identify drug-induced oral changes.

Educational sessions were held to explain the relationship between hypertension and oral health, highlighting preventive strategies such as adequate hydration, use of saliva substitutes, regular dental visits, and maintaining meticulous oral hygiene.

Observations: A total of 63 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe. **Oral health status:**

	No. of individuals	Percentage %
Caries	24	38%
Gingivitis	18	29%
Root stumps	9	14%
Missing teeth	12	19%
Total	63	100%



Interpretation and conclusion:

The present dental camp screening of 63 hypertensive patients revealed a considerable burden of oral health problems. Dental caries were the most prevalent condition, affecting 38% of the screened population, followed by gingivitis in 29% of patients. Root stumps were observed in 14% of individuals, indicating long-standing untreated dental disease, while 19% of patients presented with missing teeth, reflecting past tooth loss. These findings highlight a strong association between systemic hypertension and poor oral health status. The high prevalence of caries and periodontal problems emphasizes the urgent need for regular oral health screening, patient education, and early preventive and restorative interventions among hypertensive patients to reduce long-term oral and systemic health complications.

The camp highlighted that hypertensive patients are at an elevated risk for oral infections, periodontal disease, and medication-related oral changes. Xerostomia and gingival enlargement emerged as significant concerns, often contributing to increased caries risk and difficulty maintaining oral hygiene.

Strengthening awareness among hypertensive patients regarding the importance of oral care is crucial for preventing complications and improving overall health outcomes. Regular dental checkups, along with lifestyle modifications and systemic disease control, play a vital role in maintaining oral and general well-being.



List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Swati Singh
2	Dr.SaurabhWaghchaure
Name of Interns& students	
3.	Srushti Bothara
4.	Muskaan Sayeed
5.	Gauri Khadkikar