



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
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### HOW WEATHER CHANGES INFLUENCE ORAL HEALTH PRACTICE AT TURMALE

**Date:** 3<sup>rd</sup> January 2026      **Venue:** Turmale

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

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

**Number of students attended:** 5

#### **Introduction**

Weather and climate conditions play an important role in human health, including oral health. Seasonal variations such as changes in temperature, humidity, and sunlight exposure can influence oral hygiene habits, oral diseases, and the overall condition of teeth and gums. Understanding how weather affects oral health helps individuals adapt their oral hygiene practices to maintain healthy teeth and gums throughout the year.

MGM Dental college constantly takes efforts of extending oral health care to community. The program seeks to empower patients with knowledge about their dental health and How Weather Changes Influence Oral Health Practices at turmale.

#### **Effects of Weather on Oral Health**

##### **1.Cold Weather Impacts:**

- Increased tooth sensitivity
- Dry mouth due to reduced saliva production
- Higher consumption of sugary foods and drinks during winter

##### **2.Hot Weather impacts:**

- Increased risk of bad breath
- Dry mouth
- Higher bacterial growth in the oral cavity

##### **3.Humid Weather Impacts:**

- Increased risk of gum infections
- Oral fungal infections such as thrush

4. Seasonal Diet Changes impacts:

- Increased plaque buildup
- Higher risk of tooth decay and cavities

**Aim and Objectives:**

1. To educate individuals about the importance of maintaining oral health.
2. To assess the overall oral health status of the participating individuals
3. To encourage healthy dietary choices that support dental health.

**Method: Type IV (Screening)**

Examination of individuals was done and patients were explained about importance of maintaining oral hygiene during different weather conditions and various oral health practices given below were told to them

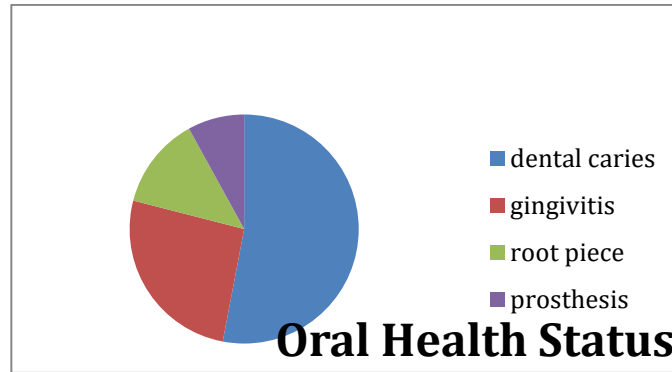
1. Use soft bristled toothbrush and fluoride toothpaste
2. Use mouthwash to control bacteria and maintain fresh breath
3. Drink plenty of water to stay hydrated
4. Avoid excessive sugary snacks
5. Clean the tongue regularly
6. Replace toothbrush frequently to avoid bacteria buildup
7. Rinse mouth after meals
8. Visit a dentist for regular check up

**Observation-** A total of 38 patients 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	20	53
Gingivitis	10	26

Root piece	5	13
Prosthesis	3	8



### Interpretation:

Dental caries is most common problem among patients with total of 53% followed by gingivitis 26%, Root piece 5%, prosthesis 8%.

Oral health education and prevention strategies should be implemented in order to reduce these problems.

### Conclusion

Weather changes can significantly influence oral health and hygiene practices. Cold, hot, and humid conditions may affect saliva production, bacterial growth, and dietary habits. By adapting oral hygiene routines according to seasonal changes and maintaining regular dental care, individuals can protect their oral health and prevent dental problems. Proper oral health care will reduce the risk of influence of weather changes on oral cavity.





## ORAL EXAMINATION DONE AT CAMP SITE BY THE TEAM MEMBERS

### 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>	
1.	Sakshi Kakkad
2.	Shravni Ghodke
3.	Anjali Jadhav
4.	Shruti shah