



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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EDUCATING THE LINK BETWEEN HEART HEALTH AND ORAL HEALTH AT VASUDEV BALWANT PHADKE VIDYALAYA

Date: 18/12/2025

Venue: **VASUDEV BALWANT PHADKE VIDYALAYA, NEW PANVEL**

Faculty: Dr. Vaibhav Thakkar, Dr. Pankaj Londhe

Organizing Agency: Department of public health dentistry MGMDCH, NSS unit of MGMDCH, Department of Preventive and Social Medicine, MGM Medical Hospital, Kamothe

Number of Students attended: 4

Oral health is closely connected to overall health, including the health of the heart. Poor oral hygiene, especially gum disease, may increase the risk of cardiovascular problems. Gum disease occurs when bacteria build up around the teeth and cause inflammation of the gums. These bacteria can enter the bloodstream through infected gum tissue and travel to the heart. This may contribute to inflammation in blood vessels and increase the risk of heart disease, stroke, and clogged arteries.

Aim and Objective:

- To increase awareness about how gum disease can affect heart health.
- To explain how oral bacteria can enter the bloodstream and impact the cardiovascular system.
- To encourage good oral hygiene practices such as brushing, flossing, and regular dental check-ups.
- To promote healthy lifestyle habits that support both oral and heart health.

Method to Examine Patients:

Type III Examination which was done using mouth mirror and explorer with adequate illumination of 24 patients. Patients were educated the link between heart health and oral health such as avoiding dental visits, fear of dental X-rays, and the belief that dental treatment can harm the baby. The patients were informed that most dental procedures are safe during pregnancy when proper precautions are taken.

Awareness was created through:

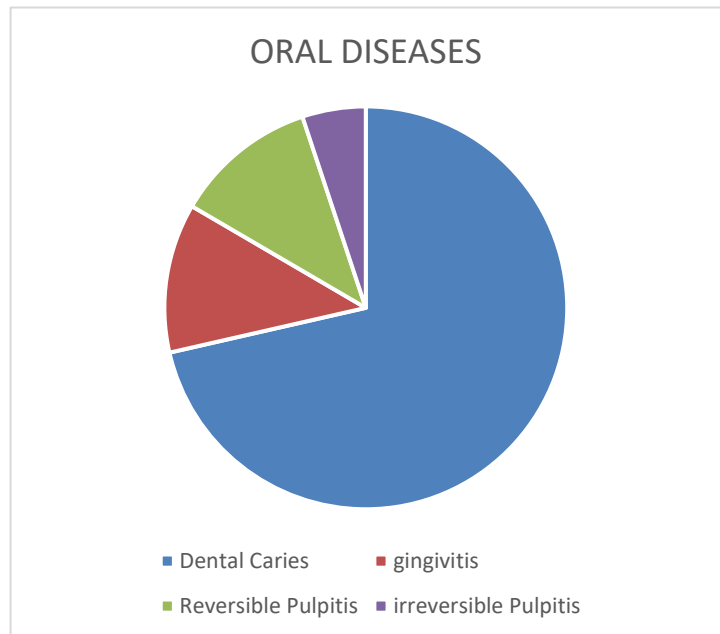
- Educational interaction with patients

- Discussion about importance of maintaining oral hygiene during pregnancy
- Counseling regarding diet and oral hygiene practices

After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. Preventive measures and treatment options were also explained.

ORAL HEALTH STATUS:

Sr.no.	Oral diseases	No. Of patients	Percentage
1.	Dental Caries	429	71.5%
2.	Gingivitis	71	12%
3	Reversible pulpitis	69	11.5%
4.	Irreversible pulpitis	31	5.1%



TOTAL PATIENTS SCREENED-110

Interpretation and Conclusion:

The Pie Chart represents that 71.5% of the patients have dental caries 12% gingivitis, 11.5% Reversible pulpitis, 5.1% have got Irreversible Pulpitis

Research and examinations indicate a clear connection between oral health, particularly gum disease, and heart health. Poor oral hygiene can allow bacteria to enter the bloodstream, causing inflammation in blood vessels and increasing the risk of heart disease, stroke, and other cardiovascular conditions. Shared risk factors like smoking, diabetes, and poor diet further strengthen this link.

Maintaining good oral hygiene is essential not just for healthy teeth and gums but also for protecting the heart. Regular brushing, flossing, dental check-ups, and a healthy lifestyle can reduce the risk of both gum disease and cardiovascular problems, highlighting the importance of oral care in overall well-being.



INVESTIGATION BEING DONE BY THE TEAM MEMBERS



Sr.no.	Attendees
Name of staff	
1.	Dr. Vaibhav Thakkar
2.	Dr. Pankaj Londhe
Name of Interns & Students	
3.	Aachal Rathi
4.	Rinal Bagdiya
5.	Apeksha Sanghvi
6.	Sandra Nair