

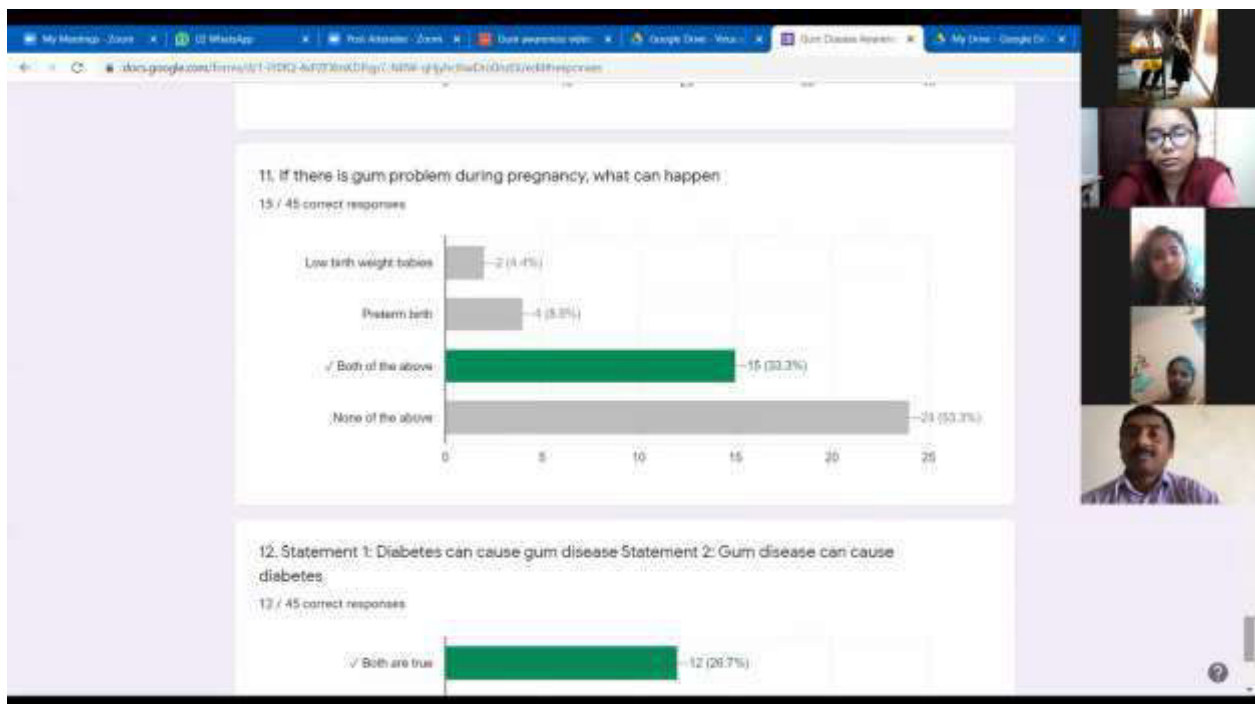
DEPARTMENT OF PUBLIC HEALTH DENTISTRY

GUM DISEASE AWARENESS MONTH 2020

DATE: 19.9.2020	No. OF STUDENTS: 41
FACULTY: Dr. Jagannatha, Dr. Nagaland, Dr, Nagappan, Dr. Cyril Benedict	ORGANISING AGENCY: CDCRI

Before we give the awareness to the public about the various gum diseases, we were curious to know what the people & how much they estimate their gum health & disease. Hence we designed a questionnaire & circulated to our kith & kin through various social media platforms.

The online survey revealed that the public lacked awareness in the relationship between periodontal health & systemic health. As an initiative to address this issue, an e-poster was circulates to the participants with relevant facts & figure with references as most of the participants in this questionnaire were either an undergraduate or postgraduate.



Recording

PERIODONTITIS = Tooth supporting structures
PERIODONTITIS = Inflammation (swelling) of periodontia
Chronic = Long term


PERIODONTITIS & PREGNANCY

Nearly 60 to 70% of pregnant women have gingivitis, an early stage of periodontal disease that occurs when the gums become red and swollen from inflammation that may be aggravated by changing hormones during pregnancy. If gingivitis is not treated, the tissue that supports the teeth can be lost, and the gums can become infected. Teeth with little bone support can become loose and may eventually have to be extracted. Periodontitis has also been associated with poor pregnancy outcomes, including preterm birth and low birth weight. However, how periodontitis may lead to adverse pregnancy outcomes is not yet fully understood.


<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3028286/>
<https://pubs.rsos.royalsocietypublishing.org/>

During puberty, if pregnancy due to the change in the hormone women might develop gingivitis. Proper maintenance of oral hygiene, brushing & mouthwashes is essential. In pregnant women it is preferred to undergo scaling in 2nd trimester.

GUM DISEASE AWARENESS



PERIODONTITIS & ALZHEIMER'S



There are 2 ways—
 1. The bacteria & virus from the oral infection reaches the brain
 2. Certain chemicals called inflammatory cytokines are released due to periodontitis which reaches the brain causing Alzheimer's.

PERIODONTITIS & DIABETES: Two way relationship.

Diabetic patients are more likely to develop periodontal disease, which in turn can increase blood sugar and diabetic complications.

People with diabetes are more likely to have periodontal disease than people without diabetes, probably because people with diabetes are more susceptible to infections elsewhere. In fact, periodontal disease is often considered a complication of diabetes. Those people who don't have their diabetes under control are especially at risk.

Research has suggested that the relationship between diabetes and periodontal disease goes both ways: periodontal disease may make it more difficult for people with type 2 diabetes to control their blood sugar.

Some periodontal disease (advanced blood sugar), contributing to increased periods of time when the body functions with a high blood sugar. These high periods are known as increased risk for diabetic complications.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3028286/>

PERIODONTITIS & CANCER


Oral oncology, the art of oncologic practice, involves an awareness of the etiology for periodontal disease, the changes with history and how caused by factors as risk factor for cause of the spread of the carcinoma or ability to be done by another kind of antibiotic.

Study of 11 patients with a history of oral cancer, the study showed that 50% of patients with periodontitis had higher rates, frequency of smoking rates, age, gender, race, and so on. Also, the study showed that 50% of patients with periodontitis had higher rates of oral cancer.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3028286/>

Chronic inflammation & infection of the periodontium can lead to increased risk of cancer
 Cancer can also occur due to bacteria & virus

PERIODONTITIS & OSTEOPOROSIS



Periodontitis is a chronic inflammatory disease of the supporting structures of the teeth. It is characterized by the presence of a periodontal pocket, which is a space between the tooth and the gum tissue. This pocket allows bacteria to enter the supporting structures of the tooth, leading to bone loss and eventually tooth loss.

Osteoporosis is a systemic disease characterized by a decrease in bone mass and an increase in the risk of fractures. It is caused by an imbalance between bone formation and bone resorption.

There is a strong association between periodontitis and osteoporosis. Periodontitis is considered a local model of systemic inflammation, and the inflammatory response in periodontitis is thought to contribute to the development of osteoporosis.

Video call participants:

- Kasthina Ha...
- Deep H O
- Harsha K...
- Dr. Nagaraj...
- Dr. Nagaraj...
- Dr. Nagaraj...
- Shamista K...

Gum Disease Awareness - harithan@gmail.com - Gmail - Google Chrome

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Gum Disease Awareness



R K Haritha - harithan@gmail.com

Gum Awareness Video.mp4

Thank You all for responding to the questionnaire on "Gum Disease Awareness". Further to the questionnaire pregnancy & cancer are explained in the poster along with the references. A video has been attached with this initiative insightful. For further doubts or concerns regarding your oral health, feel free to contact me at:

Let's be Gum Aware!
 R.K.Haritha
 98451 0222
 Chettuvaduwa College and Research Institute

2 Attachments

Recipients:

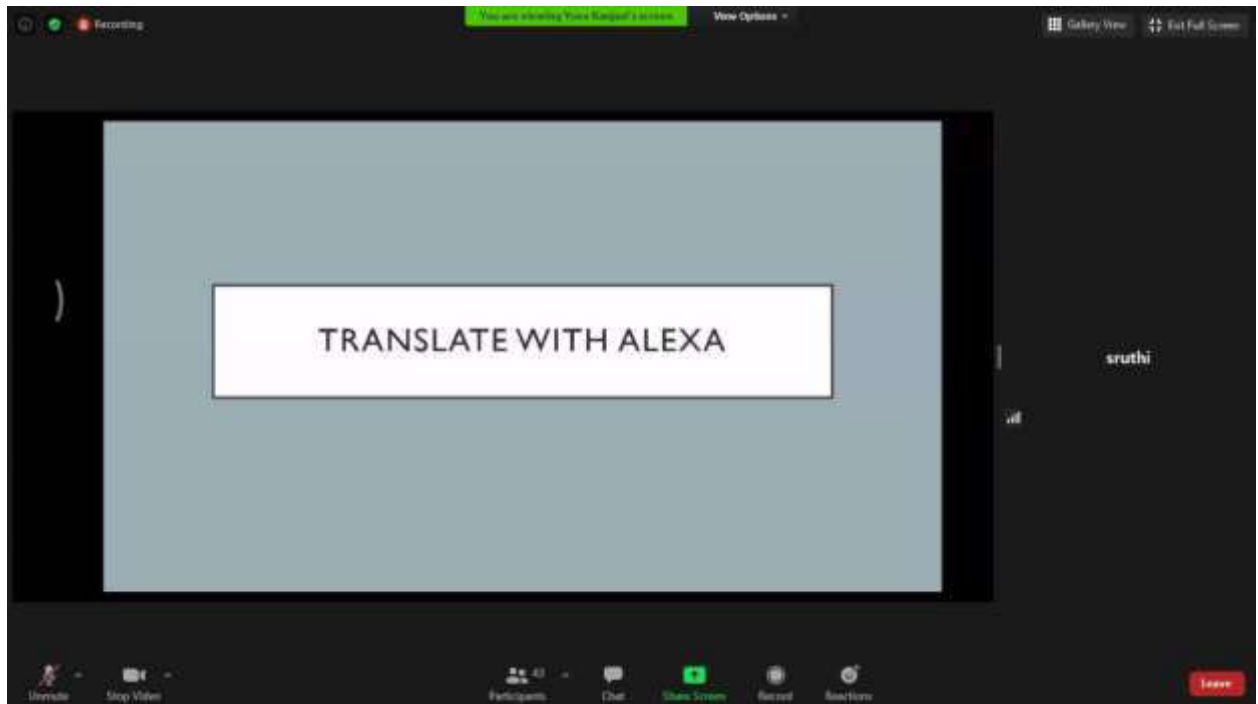
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Reply Forward

Mystery bag is an innovative game consisting of three sequential clues to arrive at a term relating to gingivitis & periodontitis. For each clue 10 seconds are given, the lesser the clue a team utilizes, more the points they gather.

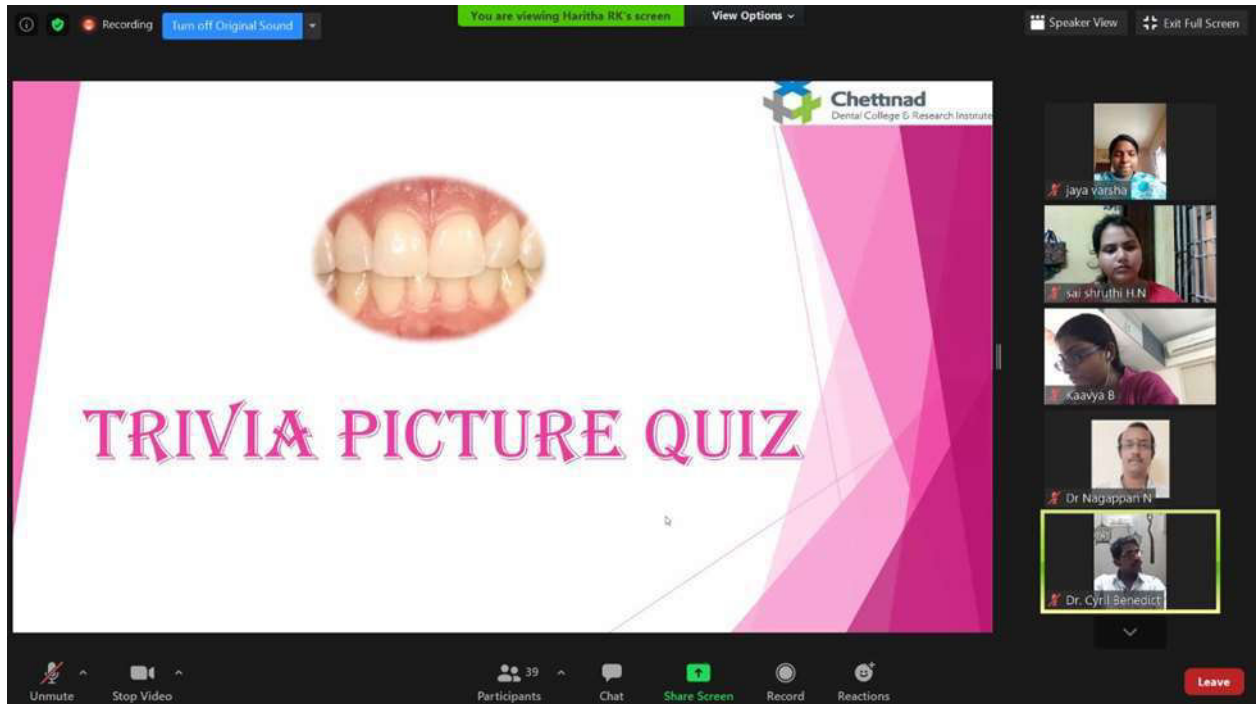


We have all once were in a situation that we had to use the google translate to interact with the patients. However, in some situations in turns out to be hilarious. This is a fun game wherein the google translated dental conditions & terminologies in tamil were projected & the participants were asked to find out what is it.

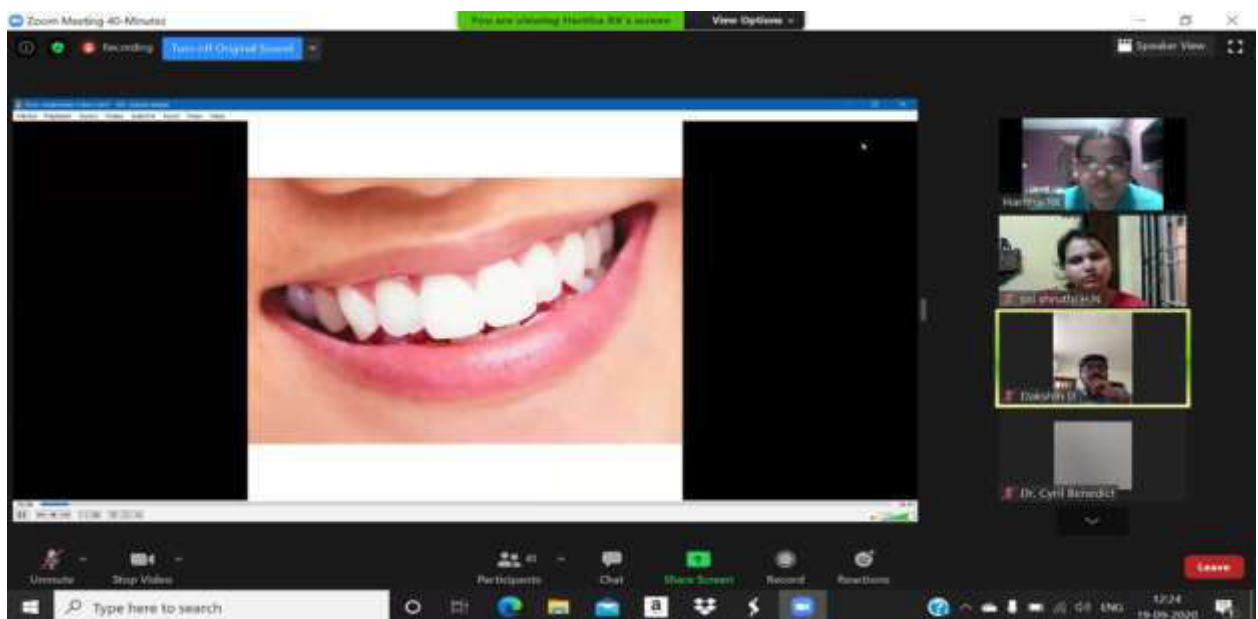
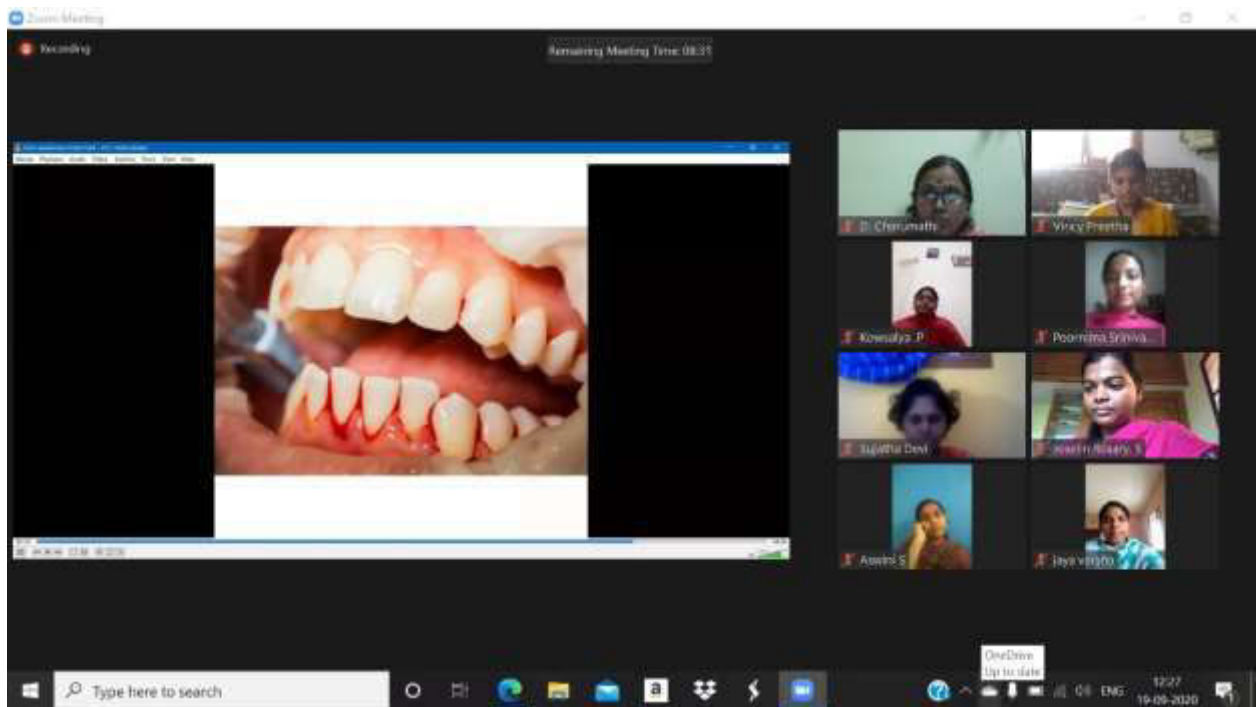


In Trivia Picture quiz three rounds of picture quiz on topics of rare conditions, suturing techniques and periodontal instruments were projected respectively with 5 seconds to

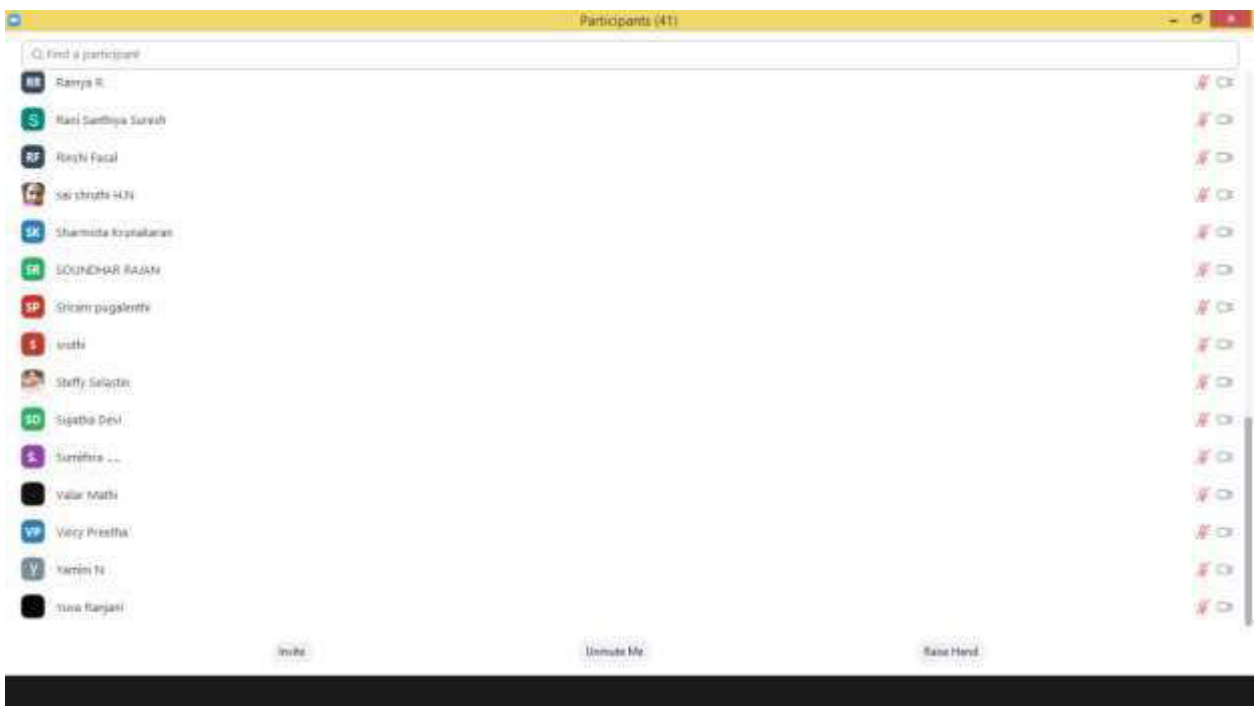
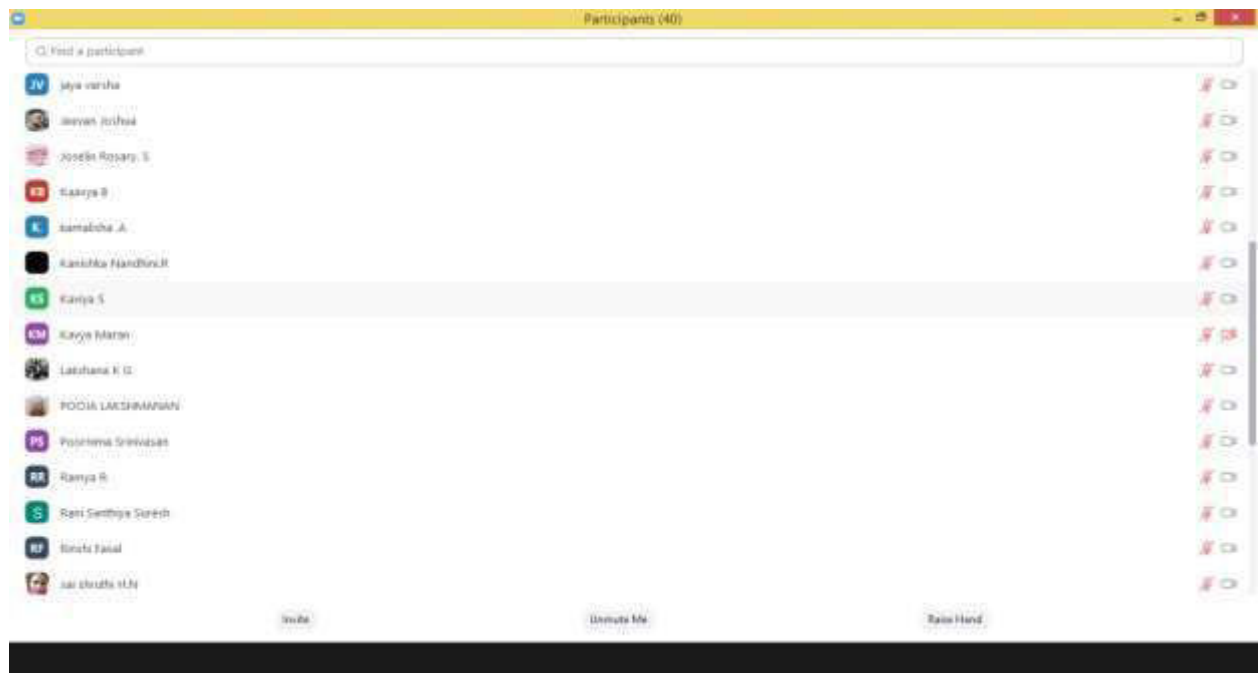
guess the picture, if not the question was passed as an open to all. It was an insightful game which teased the brain of the participants with questions on osmoscope, periotron, perioaid, perioscope, continuous sling suture, hereditary gingival fibromatosis, pocket marker & many more.



Our special events came to an end with the last but not the least a video on Gum Awareness video, dealing with basic general information about what gums are, why do we develop gingival bleeding, how to prevent it, a general info of gingivitis, & symptoms they need to look out for & when to visit a dentist. Both the video & gum disease awareness poster were sent via mail to all the participants of the questionnaire.



PARTICIPANTS LIST:



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

WORLD MENTAL HEALTH DAY 2020