

Tagore Dental College & Hospital

Department of Periodontics

Periodontists Day Celebrations 2021

12.05.2021

The Department of Periodontics, Tagore Dental College celebrated Periodontists Day on Wednesday, 12.05.2021.

The Department of Periodontics, Tagore Dental College organized an online poster presentation competition for the C.R.R.I students. The topic given for the poster was – Importance of Oral Hygiene Maintenance and Periodontics as a Career Option.

A total of 89 participants prepared 12 wonderful posters depicting the significance of oral hygiene maintenance and the role of periodontist in oral health.

The posters were judged by Dr.Chitraa R.Chandran and 3 best posters were selected.

1st Prize

PERIODONTIST TO BE...

Importance as a postgraduate subject

ROLE OF PERIODONTIST

By 'C' batch

EXPANDING SCOPE OF PERIODONTICS

- BIOPHOTONICS, PERIO VACCINE, STEM CELL THERAPY
- TISSUE ENGINEERING: Periodontal tissue regeneration
- FORENSICS: Age estimation using Tooth Cementum Annulations
- PROSTHO: Prosthetic designs conducive to periodontal health
- ORTHO: Periodontally accelerated orthognic orthodontics

COVID 19 complications was significantly higher among patients with moderate-severe periodontitis

Better Teeth, Better health

We Care About Your Smile

ROAD MAP TO SUCCESS IN PERIODONTICS

2nd Prize

HEALTH MAINTENANCE AND AWARENESS

What Happens with Periodontal Disease?

- 1 Healthy tooth & gum tissue**
- 2 Gingivitis** (Inflammation of gum tissue)
- 3 Periodontitis** (Infection of the supporting structures)
- 4 Advanced Periodontitis** (Severe damage to supporting structures)

Prevention and Treatments for Top 10 Mouth Problems

Toothache Indicates a cavity or a symptom of gum disease or impacted tooth.	Sensitive Teeth Teeth hurt when you consume hot or cold drinks. It could be due to tooth decay, worn tooth enamel, gum disease or receding gums.
Bleeding Gums It can be a sign of gingivitis, an early stage of gum disease or the outcome of brushing too hard.	Mouth Sores It could be a symptom of disease, bacterial infection, viruses or irritation caused by braces or sharp edges of a broken tooth.
Bad Breath Can be triggered by what you eat, poor oral hygiene, dry mouth and smoking. Persistent bad breath can be a sign of gum disease.	Jaw Pain Possible causes may include stress problems, toothache, tooth grinding, gingivitis or TMJ disorder.
Dry Mouth A symptom of a disorder or side effects of medication. Dry mouth may result in both decay and bad breath.	Oral Piercing Infection Signs of infection include swelling, fever, chills or red-swollen look around the pierced area.
Broken Teeth The crack is invisible to the naked eye but is painful and can create larger issues if left untreated.	Discoloured Teeth The result of eating certain foods like curries, or tobacco use, aging, genetics or medications.

Causes of Bad Breath

Periodontal Status	Minimal Oral Hygiene Recommendations
Health	Brushing, flossing, tongue cleaning
Gingivitis	Brushing, flossing, tongue cleaning, antiseptic mouthwash
Slight Periodontitis	Brushing, flossing, tongue cleaning, antiseptic mouthwash, small interdental brushes
Moderate Periodontitis	Brushing, flossing, tongue cleaning, antiseptic mouthwash, small or medium interdental brushes
Severe Periodontitis	Brushing, flossing, tongue cleaning, antiseptic mouthwash, oral irrigation, medium or large interdental brushes

ROAD MAP TO SUCCESS IN PERIODONTICS

By 'C' batch

3rd Prize

IMPORTANCE OF ORAL HEALTH MAINTENANCE AND AWARENESS

BATCH- G

What can you do today to stay healthy?

1. Proper brushing
Twice daily preferred : Fluoridated pastes
2. Using dental floss to clean interdental spaces
3. Use fluoride Mouthwash twice daily
4. Tongue cleaning
5. Avoid frequent snacking
Avoid carbonated drinks
Avoid over consumption of sugars
6. Quit smoking
And chewing of tobacco.
Do attend Tobacco cessation programs

PROCEDURES

- ROOT COVERAGE**
- GUIDED TISSUE REGENERATION**
- FLAP SURGERY**
- BONE GRAFTS**
- Implantology**

POOR ORAL HYGIENE GINGIVITIS AND PERIODONTITIS RELATED TO

GOAL

McGuire and Scheyer, "If the specialty of periodontics is to remain the premier caregiver for the diagnosis and treatment of periodontal diseases and replacement of the lost dentition, we must face and successfully overcome many new challenges."

CAREER OPPORTUNITIES

ROAD MAP TO SUCCESS IN PERIODONTICS

ORAL HYGIENE MAINTANENCE AND AWARENESS

How to improve your oral health?



Brush your teeth twice daily with fluoride toothpaste & replace your tooth brush every 3-4 months.

- Avoid sweetened acidic beverages
Increases risk of developing cavities



- Make healthy food choices, eat a balanced diet and avoid in between meal snacks.



- Floss daily to remove food particles



- Quit tobacco : tobacco products can stain your teeth and increases risk of oral cancer



- Rinse antibacterial mouthwash to kills germs that cause cavities and gum disease



- Schedule regular check up for professional cleaning and oral exams.



Name of the presenter:Batch -B

IMPORTANCE OF PERIODONTICS

Who is a Periodontics? What is Periodontics?

A Periodontist is a dentist who specializes in the prevention, diagnosis, and treatment of periodontal disease, and in the placement of dental implant".

Inversely, the study of periodontics itself would be described as "the dental specialty focusing exclusively in the inflammatory disease that destroys the gums and other supporting structures around the teeth"



Sore gums? Tooth infection? Inflammation in the mouth?

- Interestingly enough, *Periodontists* are notorious for treating periodontal disease but they also play an important role in oral inflammation.
- That's right! They're actually dental specialists in the field of mouth inflammation and experts when it comes to inflammation of the gums, teeth, etc. etc.

Awareness:

Why is awareness of oral health important?

Increase awareness of the importance of oral health to overall health and well-being. Increase acceptance and adoption of effective preventive interventions. Reduce disparities in access to effective preventive and dental treatment services.

How Periodontists can help Prevent Periodontal Disease?

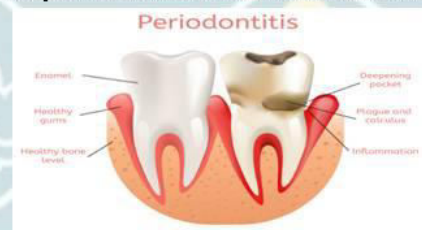
Periodontitis, also called gum disease

If left untreated, Periodontal disease can result in tooth loss as it slowly destroys the tissue around the area.

Early stages of Gingivitis, the gums are still intact and there is no presence of gum degradation, bone loss or tooth decay.

As it progresses to Periodontal disease, the bacteria in the gums become increasingly present and cause the body's immune system to react.

This causes the breakdown of the gums, teeth and connective tissue throughout the mouth.

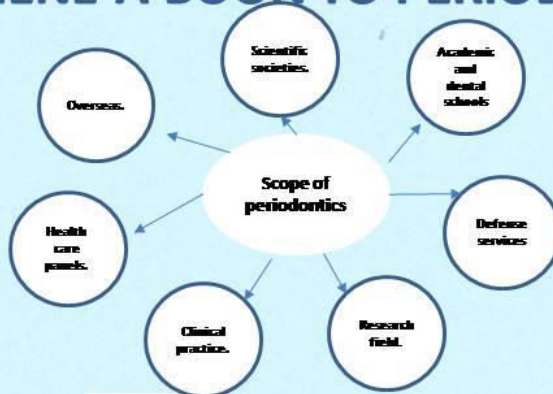


ORAL HYGIENE-A BOON TO PERIODONTIUM



MAINTAINING CLEANLINESS OF THE ORAL CAVITY IS CALLED ORAL HYGIENE

- PREVENTS GUM DISEASE
- PREVENTS BAD BREATH
- PREVENTS STAINING OF TEETH
- IMPROVES OVERALL HEALTH



- ORAL HYGIENE MEASURES**
- *USE SOFT BRISTLED TOOTHBRUSH
 - *FOLLOW BALANCED DIET
 - *USE MOUTHRASHES
 - *FREQUENT VISITS TO DENTIST
 - *USE OF FLUORIDATED TOOTHPASTE



DO'S

- BRUSH TWICE A DAY
- FLOSS AT LEAST ONCE A DAY
- EAT HEALTHY

DON'TS

- DO NOT BRUSH TEETH IMMEDIATELY AFTER CONSUMING ACIDIC DRINKS
- DO NOT USE HARD BRISTLED BRUSH
- DO NOT STUFF ASPIRIN



***GUM DISEASE ACCELERATES THE PROGRESS OF FULL BLOWN DIABETES**
***ANAEMIC PATIENTS USUALLY HAVE SOUR AND PALE MOUTH**
***PREGNANT WOMEN WITH GUM DISEASE HAVE SMALL OR PREMATURE BABY**



A SPECIALIST TO MAKE YOUR GUMS FEEL SPECIAL... - F BATCH

FIVE GOLDEN RULES FOR ORAL HYGIENE MAINTENANCE

EAT HEALTHY FOOD



- SCOPE OF FUTURE PERIODONTIST**
- CLINICAL PRACTICE
 - RESEARCH FIELD
 - DENTAL SCHOOL
 - GOVERNMENT JOBS
 - OVERSEAS JOB
 - HEALTHCARE PANEL

AVOID SWEETS BETWEEN MEALS

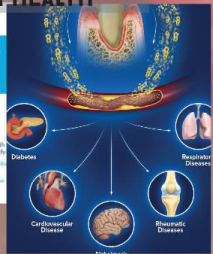


BRUSH AND FLOSS YOUR TEETH TWICE DAILY



VISIT DENTIST EVERY 6 MONTHS TO KNOW ABOUT GUM HEALTH

- CIGARETTES**: 2X more serious risk of gum disease than nonsmokers
- DIABETES**: 10% of diabetic adults smoke
- PREGNANCY**: BETWEEN 60% & 70% of women experience gingivitis which is caused by increased hormones
- YOUR HEALTH**: Gum disease has been associated with health problems across many other areas of the body: Cardiovascular Disease, Rheumatoid Arthritis, Asthma, Pregnancy, Endocrine System, Pulmonary Disease, Diabetes, Rheumatoid Disease, and Osteoporosis.



USE FLUORIDATED TOOTHPASTE



S.NAVAPRIYA, P.NITHYASHRI, M.NIVETHA, S.PAVITHRA, N.R.POOJA, V.POORANI (H BATCH CRRI)

ORAL HEALTH CARE

Good Habits Vs Bad Habits

The Habits You Need to Practice and The Habits You Need to Break Away from to achieve the ultimate goal - a perfect smile!

GOOD HABITS

- Brushing your teeth twice daily before you go to bed and anytime during the day; with gentle circular movements
- Flossing Daily with the type of product you find convenient
- Drinking the right beverages - milk, green and black teas
- Eating foods that enhance oral health - fruits, vegetables, seafood, cheese and nuts
- Going for your regular dental check-up of dental problems

BAD HABITS

- Regular or no brushing - This will result in cavities and gum problems; too much pressure can damage the protective enamel
- Forgoing flossing - increases bacteria growth and results in plaque formation
- Eating sugary and starchy foods - chocolate, candies, potato chips
- Drinking the wrong beverages - fizzy soft drinks, sweetened sports drinks
- Avoiding a dental check-up - makes it difficult to detect problems on time

Selection of the right dental care products is important; Here is how to do it right

Toothbrush
A brush with a compact soft bristles - effective head and a flexible handle is good

Toothpaste
Fluoride as an active ingredient in the paste reduces the risk of cavities

Floss
Flat, wide dental tape to clean the large gaps; thin, narrow strips to clean small gaps

Mouthwash
Alcohol based mouthwash is the most common choice

For extra protection: Anti-plaque toothpastes desensitizing toothpaste

Non-waxed floss to clean large gaps and waxed floss to clean tight spaces

Electric flossers are suitable if you lack dexterity

Soothing ingredients such as Aloe Vera good for sensitive teeth and gums

Anti-plaque anti-gingivitis - good choices

Electrical powered toothbrushes good for individuals with arthritis

Personal preference: paste or gel, mint or clove - the choice is yours.

A genuine smile comes from the heart, but a healthy smile needs good dental care

Tooth Time A BATCH

ORAL HEALTH

Healthier Mouth brings Healthier Life!

4 STEPS TO GOOD ORAL HYGIENE:

Brush your teeth & Floss twice daily. Change toothbrush every 3 Months.

Eat Healthy foods = Balanced diet
Avoid taking sweets; carbonated drinks

Stop smoking and chewing tobacco.

Visit your dentist regularly.

Scaling (teeth cleaning) should be done once in 6 months.

Poster by: Batch" D"

ORAL HEALTH MAINTENANCE AND AWARENESS

ORAL HEALTH

It is defined as a state of being free from Mouth and facial pain, oral diseases and disorders that limit an individual's capacity in biting, chewing, smiling, speaking and psychosocial well-being.

1 ORAL HEALTH MAINTENANCE AND AWARENESS

Brush your teeth twice a day
With fluoride toothpaste and replace the toothbrush every 3-4 months

2 Flossing for oral health
Floss to remove the food particles that get caught in between the teeth.

3 Consider mouthwash
It reduces the amount of acid in the mouth, cleans hard-to-brush areas in and around the gums, and re-mineralizes the teeth

4 Balanced diet
Eat crunchy fruits and vegetables
Limit sugary and acidic foods

5 Regular dental checkup
The standard recommendation is to visit your dentist twice a year for check-ups and cleanings.

Oral Health is Linked to Overall Health

The health of your mouth is linked to...

- Heart Disease & Stroke
- Respiratory Disease
- Arthritis
- Diabetes
- Gastrointestinal Disease

Older adults who smoke cigarettes are twice as likely to have untreated tooth decay as those who never smoked

About 1 in 3 adults aged 65 or older who smoke cigarettes have untreated tooth decay

BATCH-J

KNOW HOW TO BRUSH

Always use a soft bristle brush

Use fluoridated tooth paste

2 Mins

Angulate brush at 45 degree to gum

Circular motion covering 2-3 teeth at a time

Two strokes from gum to teeth

Do's

- 1) Brush twice daily
- 2) Brush 60 mins after consuming acidic food

Dont's

- 1) Don't use a brush more than 3 months
- 2) Dont brush too hard

ORAL HEALTH : WHY IT MATTERS

SCOPE OF PERIODONTICS

Periodontist: Dental practitioner who by virtue of special knowledge and training in the field limits his practice or activities to periodontics.

Core competencies

- Diagnosis of periodontal diseases
- Surgical and non-surgical periodontal therapy including Periodontic plastic & esthetic surgeries
- Dental implantology- Basics & Advanced
- Comprehensive therapy involving an interdisciplinary approach
- Supportive periodontal treatment
- Full mouth rehabilitation

List of procedures performed by a periodontist:

- Non Surgical Treatments
- Gum Graft Surgery
- Laser Treatment
- Regenerative Procedures
- Dental Crown Lengthening
- Dental Implants
- Pocket Reduction Procedures
- Plastic Surgery Procedures

CAREER SCOPE AFTER MDS IN PERIODONTICS

- Graduates after completing MDS in Periodontics can find job opportunities in private and government dental institutions, teaching hospitals, multi-specialty clinics, defense services, health care sectors of different companies or may pursue Ph.D in Periodontics.

PERIODONTAL DISEASE

The biggest dental problem that at least 80% of American adults have gum disease.

Cavities and Gum Disease can be caused by biting or shaking food.

HEART DISEASE
People with Gum Disease are 2X as likely to die from Heart Disease and 3X as likely to die from stroke.

DIABETES
Diabetes & bleeding gums increase your risk of periodontal disease by 400-700 percent.

PREPREGNANT COMPLICATIONS
Pregnant women with gum disease have a 3 to 7 times chance of giving birth to a healthy child of normal size.

ALZHEIMER'S DISEASE
Tooth loss & gum disease increase the risk of Alzheimer's disease.

ATROSPHOBIC
Bacteria in your mouth travel to various parts of your body in your bloodstream.

RESPIRATORY PROBLEMS
Your oral hygiene can determine the risk for pneumonia & respiratory infections.

OSTEOPOROSIS
Gum disease increases osteoporosis risk by 50%.

RENAL DISEASE
Renal disease increases osteoporosis risk by 50%.

PERIODONTAL DISEASE Signs and Symptoms

- Red, swollen, painful gums
- Receding gums
- Loose teeth
- Shifts in how teeth fit together
- Frequent bad breath

TIPS FOR PROPER ORAL HYGIENE

- REGULARLY BRUSHING YOUR MOUTH ACCURATELY**
Brush 2 times a day for 2 minutes. Use a soft toothbrush and fluoride toothpaste. Angle the brush at 45 degrees to the gum line.
- HABITUALLY FLOSSING**
Flossing helps remove food debris and plaque between teeth and under the gum line. Use a flossing stick or string. Floss gently, don't snap it over the gum line.
- YOUR MOUTHWASH SHOULD BE TOOTH-FRIENDLY**
Mouthwash can help reduce plaque and kill bacteria. Use it after brushing and flossing. Look for fluoride and alcohol-free formulas.
- STOP SMOKING**
Smoking is a leading cause of gum disease. Quitting now can reduce your risk of periodontal disease.
- SEE A DENTAL HYGIENIST FREQUENTLY**
Regular dental checkups and cleanings help prevent gum disease. See a dental hygienist every 6 months.

HARSHAVARDHAN
HARSHITHA
ISHWARYA
KABILAN
KANIMOZHI
KARTHIK
KAVITHA
BATCH - E