

## Oral Health Promotion and Tobacco Cessation Outreach Programme

Dental diseases especially dental caries and periodontal disease has become a global burden. The irony is both the diseases are preventable. In India, there has been a constant neglect towards the oral health. Furthermore addiction to tobacco, supari and alcohol has become a root cause for a significant number of ailments and illness among the people. Be it addiction to tobacco in its various forms like gutkha, paan, cigarettes, khaini, zarda or addiction to alcohol, It has resulted in death and disability. Hence, in order to create awareness among the people and to guide them correctly, an oral health check-up camp had been organized in association with the Brahmakumaris Iswariya Vishwa Vidhalaya in the local area of Lalbaug Mumbai on the eve of Mahashivratri.

### Aim

- Creating awareness about Oral health and its link to general health
- To counsel and explain the ill effects of tobacco n its various other products.
- To screen for early signs and symptoms of oral diseases
- To create supportive environment for better health in terms of prevention of dental diseases

Location	Lalbaugh, Mumbai
People screened	Total 170 people were screened.
Personnel involved	Dr. Kunal Oswal, Dr Chirag Punamiya, Dr. Hemang Shah, Dr. Riddhi Tolia, Dr. Aishwarya Rao, Dr. Noora Latef, Dr. Riddhi Daddha, Dr. Aachal Devi, Dr. Nikita Dandekar.
Activities conducted	Comprehensive screening and diagnostic programme. Counselling about oral health. Raising awareness about ill effects of tobacco and counselling for tobacco cessation.

The response achieved for the programme was good. The local organizing committee Advertised and created the awareness about the programme very well. People kept flowing in as and when they got to know about the camp.

Patients were examined through a predefined case history questionnaire. The crowd examined was more of lower n middle class strata. Patients entered the camp site with the most common complains of decayed teeth, bleeding spongy gums, swelling intra orally, bad breath.

Also seen were patients with intra oral lesions like leucoplakia, oral sub mucous fibrosis, fissured tongue, mandibular tori, and median rhomboid glossitis n candidiasis. The patients were explained about the various diseases that prevailed in them. The local people were interested in excited as no such camp had been organised in the recent time.

People were guided through a series of banners and were explained about tobacco cessation. The overall response if the camp was great. We checked around 170 people and even they were happy.

One of the person said" You all have motivated me. I shall stop smoking.

Also was heard saying relative of one of thepatient, "thank you so much for guiding us so well."

#### CONCLUSION:

An effort was made to reach the local people n make them understand the effects of tobacco on the health and we were quite successful in doing it. Special thanks to the Bramhakumari for having a community outreach programme associations.