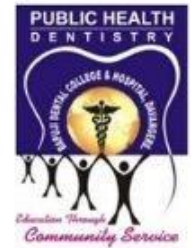




**BAPUJJI DENTAL COLLEGE & HOSPITAL**  
DAVANGERE  
**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**



# ORAL HYGIENE DAY

## AUGUST 1st 2020

#BecauseOralHealthMatters



**'SAY CHEESE!'**  
SMILE CONTEST



**'VISUALIZE'**  
POSTER COMPETITION FOR DENTAL STUDENTS  
(UG'S & PG'S)



**'ART ATTACK'**  
DRAWING/PAINTING COMPETITION  
FOR SCHOOL STUDENTS



**'LET'S TALK ORAL HEALTH'**  
WEBINAR FOR SCHOOL STUDENTS

SUBMIT YOUR COMPETITION ENTRIES : [publichealthdentistry8.bdch@gmail.com](mailto:publichealthdentistry8.bdch@gmail.com)  
WhatsApp : 98864-45460, 99640 - 14828 Last Date for Submission: 30th July 2020



**BAPUJI DENTAL COLLEGE & HOSPITAL**  
DAVANGERE  
**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**



**'SAY CHEESE!'**  
**SMILE CONTEST**



**COMPETITION FOR PARENTS**

SEND SMILING PORTRAITS OF YOUR CHILDREN (6-12 years)

ALONG WITH YOUR DETAILS

TO THE WHATSAPP NUMBERS 98864-45460, 99640 - 14828

ON OR BEFORE 30TH JULY

#BecauseOralHealthMatters

ORAL HYGIENE DAY

AUGUST 1st 2020



# SMILE CONTEST - I PLACE - ABHIGNA



# SMILE CONTEST - II PLACE - PRATHAM





# SMILE CONTEST - III PLACE - LIKITHA



# SMILE CONTEST - Special Mention - ANANYA



# SMILE CONTEST - Special Mention - BRITI





# SMILE CONTEST - Special Mention- VYSHNAVI







**BAPUJI DENTAL COLLEGE & HOSPITAL**  
DAVANGERE  
**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**



# 'ART ATTACK'

## **DRAWING/PAINTING COMPETITION FOR SCHOOL STUDENTS**



**THEME: 'ORAL HEALTH IS THE MIRROR  
TO GENERAL HEALTH'**

**THE PICTURE OF COMPLETED  
DRAWING/PAINTING WITH PARTICIPANT TO BE MAILED  
[publichealthdentistry8.bdch@gmail.com](mailto:publichealthdentistry8.bdch@gmail.com)  
ON OR BEFORE 30TH JULY 2020  
(Attach student details along with copy of school identity card)**

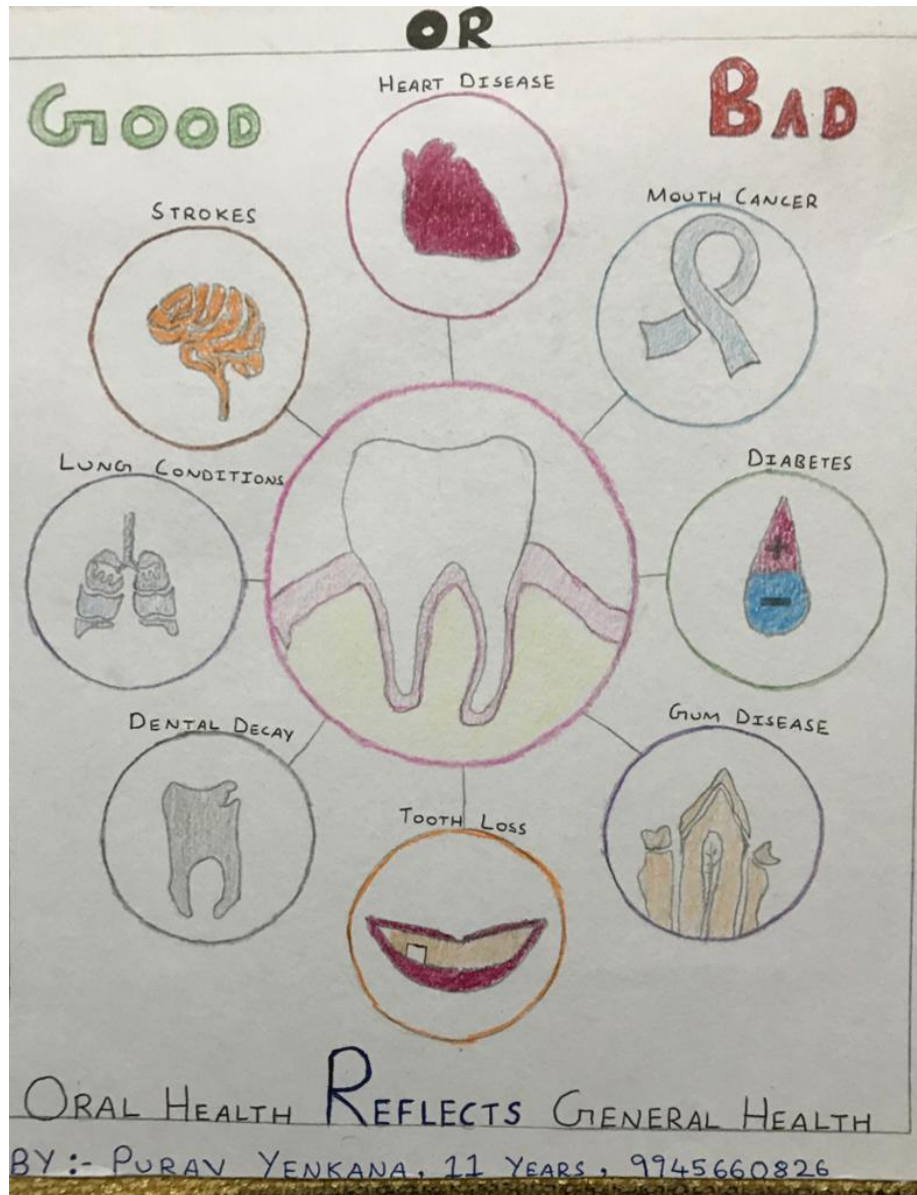
**#BecauseOralHealthMatters**

**ORAL HYGIENE DAY**

**AUGUST 1st 2020**

# Art Attack – FIRST PLACE

PURAV YENKANA, 11 YEARS, JYOTI KENDRIYA VIDYALAYA, BLORE





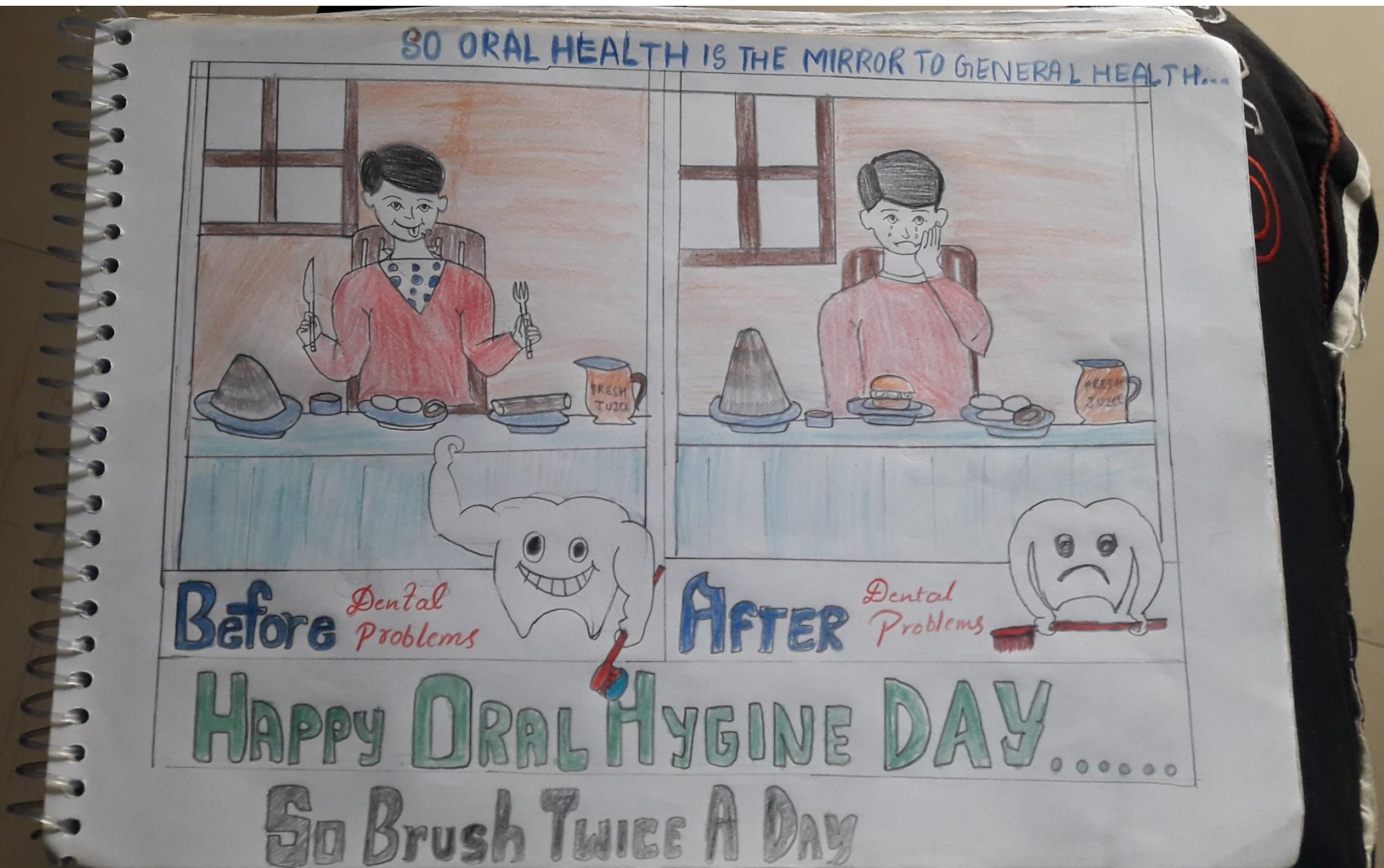
# Art Attack – Second place, SUMA L, SIDDAGANGA SCHOOL, 14 YEARS



Varoon's Chitrakala



# Art Attack - Third PLACE, BHARATH KK, SAPTAGIRI SCHOOL, DAVANGERE

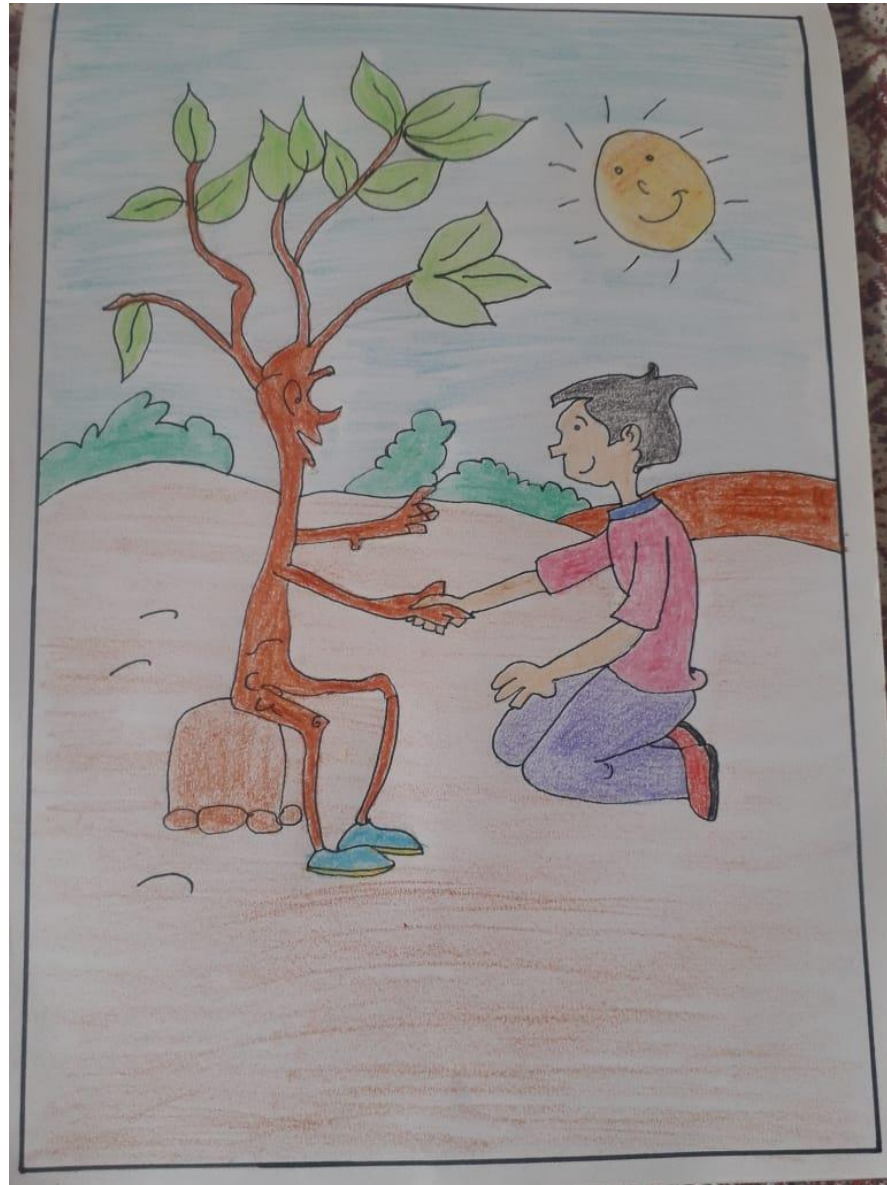


Art Attack - SPECIAL MENTION – NIHAL  
TARALABALU ICSE SCHOOL, DAVANGERE





Art Attack - SPECIAL MENTION - SWATHI  
SIDDAGANGA SCHOOL, DAVANGERE







**BAPUJI DENTAL COLLEGE & HOSPITAL**  
DAVANGERE  
**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**



# 'VISUALIZE'

## **E-POSTER COMPETITION FOR DENTAL STUDENTS (UG'S & PG'S)**



**THEME: 'IMPORTANCE OF ORAL HYGIENE  
DURING COVID-19 PANDEMIC'**

**E-POSTERS (4X3 LANDSCAPE FORMAT) TO BE MAILED :  
[publichealthdentistry8.bdch@gmail.com](mailto:publichealthdentistry8.bdch@gmail.com)  
ON OR BEFORE 30TH JULY 2020  
(Attach copy of College identity card along with poster)**

**#BecauseOralHealthMatters**

**ORAL HYGIENE DAY**

**AUGUST 1st 2020**



# PG09- I PLACE- DR SUBHANKAR, MCODES MANIPAL

## MOVING FORWARD WITH A HEALTHY SMILE: RELEVANCE OF ORAL CARE IN COVID TIMES

### GENERAL TIPS FOR ORAL CARE

**HEALTHY SNACKING HABITS** Avoid retentive in-between meal snacks. Alternate to fruits and **sugar-free** options

**RINSE AFTER EVERY MEAL:** Food particles lodge and dissolve the tooth surface causing decay; wash your mouth after every meal to **crush these cavities!**

**BRUSHING TEETH TWICE DAILY:** When it comes to oral care, always follow this **golden mantra**

**WARM SALT WATER GARGLES:** Mix **1tbsp** of salt to **150ml** of warm water and gargle for **15-20s** twice daily.

### ORAL HYGIENE: A SECRET SERVICE IN OUR BATTLE AGAINST COVID

A good oral hygiene poses more health benefits than one may think!

#### 1. GI TRACT DISORDERS

- Inflammatory Bowel Disease
- Cirrhosis of the Liver
- Gut Cancer
- H. Pylori

#### 2. IMMUNE SYSTEM

Dysbiosis of the oral microbiome can lead to problems with immunity, which means less ability to fight off disease.

#### 3. HEART HEALTH

Evidence shows some heart diseases may begin in the oral microbiome.

#### 4. GUT-BRAIN AXIS

- Alzheimer's disease
- Anxiety
- Depression

#### 5. ENDOCRINE SYSTEM

- Diabetes
- Adverse Pregnancy Outcomes
- Obesity
- PCOS

Don't forget to brush on the inner aspects of teeth

### RECOMMENDATIONS FOR THE GERIATRIC CLASS

❖ Use of an automated electric toothbrush, can be beneficial for elderly patients who lack manual dexterity.

❖ Clean dentures and rinse mouth after every meal.

❖ Remove dentures every night and store them in a bowl of water.

❖ Massage your gums with a clean wet finger to improve blood flow.

## PROTECT THE 32, FIGHT THE '19

According to a recent article<sup>1</sup> in the Elsevier's "Medical Hypothesis 2020", there is enough evidence to propose that **Periodontal disease acts as a risk factor for COVID-19**. The article suggested that **dysregulated immune response** due to periodontitis, and **alterations in oral microbiology** which may lead to over-stimulation of the immune system and subsequent cytokine-storm, are the possible pathogenesis.

Another interesting article<sup>2</sup> in the "British Dental Journal 2020" entails that inadequate oral hygiene can increase the risk of inter-bacterial exchanges between the lungs and the mouth, increasing the risk of respiratory infections and **potentially post-viral bacterial complications**

### SALIVA: AN INDESPENSABLE ADJUNCT

#### • DIAGNOSTIC MARKERS

With reference to a recent article<sup>3</sup> in the BDIJ, saliva has been proved to contain live COVID-19 viruses. The use of saliva for testing of COVID-19 has numerous clinical advantages; being less invasive, self sample collection and patient convenience are some of them.

#### • DEFENSE MECHANISM

Various components of saliva including lysozyme, lactoferrin, myeloperoxidase act as a strong defense mechanism. A definite change in the salivary flow rate also influences bacterial clearance from the oral cavity.

### ROLE OF THE PHYSICIAN

Maintaining a good overall immunity is the need of the hour. It is vital to visit a general physician in these times, to keep a constant check on systemic diseases like Diabetes Mellitus or Hypertension.

### WHAT IS A DENTAL EMERGENCY?

- Extreme pain in a tooth/jaw
- Swelling of the gums/face
- A fall that may lead to excessive bleeding
- Bleeding gums for more than 10 minutes

If you suffer from a dental problem, not pertaining to any of the abovementioned points, always **TELE-CONSULT** a dentist, before visiting.

### ORAL HYGIENE FOR INFANTS

❖ Use a moist **clean towel** to wipe off the baby's gums/teeth after each meal

❖ Limit **bottle feeding** of milk after 6 months of age

❖ Try to **restrict consumption** of sweets and rinse mouth properly after each snack

In case of a fall, if the tooth comes out as a whole, preserve it in **cold milk**. Contact a **Pediatric Dentist** for further management

Use an **ice pack** in case of injury, to prevent **bleeding**, till you seek help

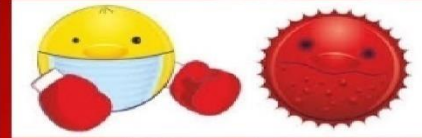
#### References

- 1) Viviana Pinones-Rubio E, G. Chávez-Cortez, Angélica Hurtado-Camarena, Anna González-Rascón, Nicolás Seratín-Higuera. "Is periodontal disease a risk factor for severe COVID-19 illness?" [Internet]
- 2) Victoria Sampson, Navar Kanava & Anine Sampson. "Could there be a link between oral hygiene and the severity of SARS-CoV-2 infection?" [Internet]
- 3) Amber Ather, Biraj Patel, Nikita B. Ruparel, Anbal Diogenes and Kenneth M. Hargreaves. "Coronavirus Disease 19 (COVID-19): Implications for Clinical Dental Care" [Internet]
- 4) D. Sapkota, S. B. Thapa, B. Hasséus & J. L. Jensen's. "Saliva Testing for COVID-19" - British Dental Journal [Internet]



## Keep a Healthy Mouth and Say GoodBye to Corona Virus !!

### #oralhealthmatters



- The Corona virus when attacks lung, there is an increased risk of lung infection because of aspiration of oral secretions into the lungs.
- Hence, it is very important to maintain Good Oral Hygiene and avoid any oral infection, which would further complicate the virus attack.

### Oral Care during COVID

Mix

Disinfect your toothbrush with 3% hydrogen peroxide or dilute it to 0.5% hydrogen peroxide if you are sick. To get a 0.5% HP solution dilute 3% HP with distilled water.

DO'S



Wash your hands often.



Store your toothbrush properly and allow them to air dry.



Replace your toothbrush every 3 months.

DONT'S

Don't share food



Don't bite nails, as it spreads viruses and bacteria.

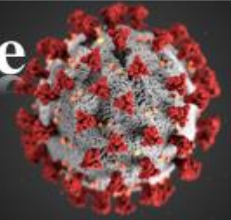


Don't share your toothbrush





## An ounce of prevention is worth a pound of cure



### Caused by

Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV)

### Symptoms



- 🔴 Fever
- 🔴 Aches and pains
- 🔴 Dry cough, and tiredness
- 🔴 Nasal congestion
- 🔴 Headache
- 🔴 Conjunctivitis, Sore throat, Diarrhoea
- 🔴 Loss of taste or smell or a rash on skin or discoloration of fingers or toes

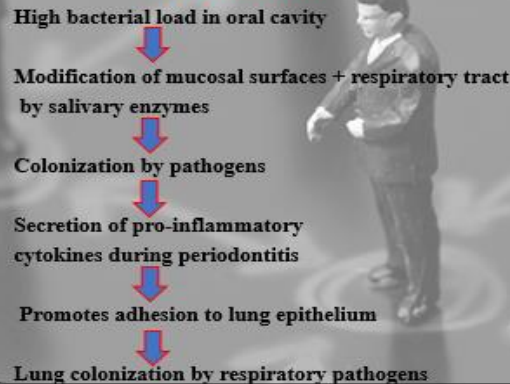
### Risk factors for COVID-19 associated with oral hygiene

- 🔴 Poor oral hygiene
- 🔴 Higher levels of inflammatory markers and bacteria
- 🔴 Exhibits a remarkably higher neutrophil count and lower lymphocyte count than in mild patients.
- 🔴 Bacterial superinfection
- 🔴 Comorbidities are also associated with altered oral biofilms and periodontal disease

### Literature note:

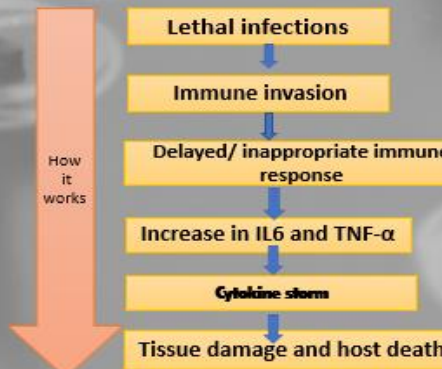
Inadequate oral hygiene can increase the risk of inter-bacterial exchanges between the lungs and the mouth, increasing the risk of respiratory infections and potentially post-viral bacterial complications

### Mechanism



### Silent feature: Cytokine storm

A severe immune reaction in which the body releases too many cytokines into the blood too quickly



### Increased loads of perio pathogens seen:

*Porphyromonas gingivalis*, *Fusobacterium nucleatum*, *Prevotella intermedia*

### Precautions

#### In general

- 🔴 Wash hands
- 🔴 Keep toothbrush in moist free area
- 🔴 Use of mouth rinse
- 🔴 Use of hand sanitizer
- 🔴 Maintain social distancing
- 🔴 Use of face mask

#### In dental practice

- Hand hygiene
- Personnel protective equipment
- Pre-procedural mouthrinse
- Rubber dam
- Single used tool
- Reduce aerosol procedure
- Disinfection of the surface
- Proper waste management

#### Reference:

1. V. Jayaraman, Oral hygiene risk factor: British dental journal
2. Nabihah, Bostom et al. Is there an association between oral health and severity of COVID-19 complications. Oral Disease. 2020 April 8



# PG10-Special mention- DR. UPASANA, IDS, ODISHA

## Corona Virus & Oral Health

Good oral hygiene is essential to keep your gums healthy & prevent infection by virus and bacteria



Wash your hand before you brush or floss your tooth



Brush your teeth and clean your tongue twice a day



Rinse with povidine iodine twice daily



Brush your teeth alone and wipe the sinks and tap after use with disinfectant wipes



Keep the tooth brush and tooth brush heads apart in container



Replace your tooth brush immediately after you have been sick



Visit your dentist only for emergency treatment



Stay hydrated as it prevents germs from latching on to throat or nose



## IMPORTANCE OF ORAL HYGIENE DURING COVID-19 PANDEMIC

Oral health is the 'piece of the puzzle' in overall health during this COVID-19 pandemic.



Germs do find their way inside your body through your mouth.

COVID-19 virus can enter through the mouth and reach your LUNGS.



How to maintain your oral hygiene??

Brush regularly twice a day.



Stop smoking before it's too late.

Change your toothbrush regularly.



Floss between your teeth after meals

Eat balanced and healthy meals.



Clean your tongue after brushing.



Gargle with povidone iodine mouthwash



Oral hygiene accompanies hand washing during this pandemic.

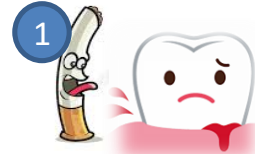
**"HEALTHY MOUTH FOR A HEALTHY BODY"**



# UG 22- FIRST- VEDANTI, DY PATIL, PUNE

**Practicing Oral Hygiene will surely stop Corona Engine !!!**

**My simple tips will help you kick out Corona Virus.....**



**Quit smoking,  
Or you may encounter your gums  
receding!**



**Make the white choice of  
your smile and keep the virus  
aside!**



**Corona will definitely squash,  
If u rinse daily with a mouthwash!!**



**STAY SUGAR SMART!!  
Have a meal that is less sugary,  
Or else there is caries & corona waiting next  
to your gallery!!**



**Scrape your tongue once in a day, to keep COVID  
at bay!**

**Topic: Importance of oral  
hygiene during COVID 19!**



# UG37- SECOND- RENU, SIBAR INSTITUTE, GUNTUR

## IMPORTANCE OF ORAL HYGIENE DURING COVID-19 PANDEMIC



TOOTH BRUSH&PASTE



MOUTH WASH



INTERDENTAL BRUSH

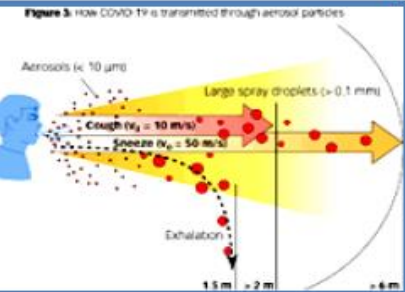
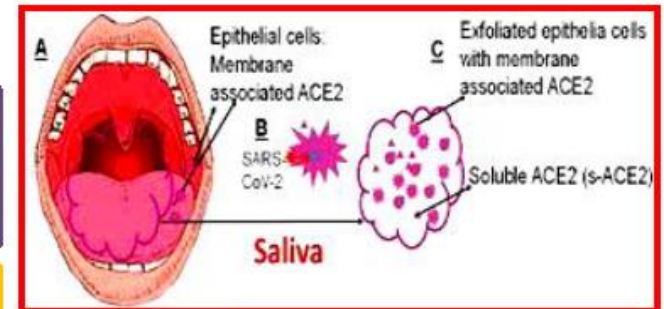


DENTAL FLOSS

### ROLE OF ORAL HYGIENE PRACTICES

- ❖ Dental prophylaxis strengthens – Immunocompetence & avoid infections
- ❖ Reduce the rate of complications .
- ❖ Helps to reduce progression & occurrence of respiratory diseases
- ❖ Tooth brushing induces bacteremia.
- ❖ Oral hygiene aids & materials have antiviraleffect.
- ❖ Saliva acts as protective shield against SARS-COV-2

DENTAL CARE



DENTAL DISTANCING



**"A HEALTHY ORALCAVITY ACTS AS A BARRIER AGAINST ALL KIND OF DISEASES"**

AUTHOR: B.RENU SRI DIVYA, 3<sup>RD</sup> BDS, SIBAR INSTITUTE OF DENTAL SCIENCES



# UG07- THIRD- KEERTHI, VSDC, BANGALORE

## IMPORTANCE OF ORAL HYGIENE DURING COVID 19 PANDEMIC

### WHAT IS COVID 19

COVID 19 or coronavirus are large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).



### HOW COVID 19 SPREADS

People can catch COVID-19 from others who have the virus. The disease spreads primarily from person to person through small droplets from the nose or mouth, which are expelled when a person with COVID-19 coughs, sneezes, or speaks. These droplets are relatively heavy, do not travel far and quickly sink to the ground. People can catch COVID-19 if they breathe in these droplets from a person infected with the virus. These droplets can land on objects and surfaces around the. People can become infected by touching these objects or surfaces, then touching their eyes, nose or mouth.

### WHAT IS ORAL HYGIENE

Oral hygiene is the practice of keeping one's mouth clean and free of disease and other problems (e.g. bad breath) by regular brushing of the teeth (dental hygiene) and cleaning between the teeth. It is important that oral hygiene be carried out on a regular basis to enable prevention of dental disease and bad breath. The most common types of dental disease are tooth decay (cavities, dental caries) and gum diseases, including gingivitis, and periodontitis.



### WHY GOOD ORAL HEALTH IS IMPORTANT DURING COVID 19

Tooth decay in the form of cavities (caries) and gum diseases is mostly preventable. But once tooth decay begins, it will get worse and gum diseases may start to show signs of gum bleeding, sensitivity and progress to tooth mobility. Dentists were not able to see patients at the beginning of the pandemic except for emergencies. As they begin re-opening with new protocols, it may be more difficult to get an appointment.



### WHAT ARE THE PROBLEMS FACED BY THE DENTIST DURING THE PANDEMIC

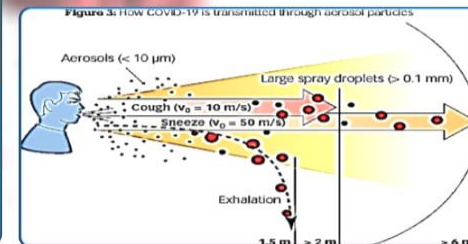
COVID-19 virus is present in the saliva, throat, and the nasal passages, and therefore, dental interventions can provoke involuntary coughing or gagging, which propels infective droplets and aerosols into the air. Furthermore, routine dental procedures such as fillings and cleanings create spray and aerosols, which propel smaller particles into the air and the surrounding areas. For those aerosol-generating procedures (AGPs), dental teams need to wear specially fitted respirator masks, goggles and face shields and abide to lengthy sanitising protocols at the work place in between. Many dental clinics in the community have chosen to close for operational safety reasons as personal protective equipment (PPE) is scarce and only variably available outside of hospitals. PPE is understandably being prioritised for staff at the frontline carrying out emergency intubation and or those teams nursing sick COVID positive patients.

### WAYS TO MAINTAIN GOOD ORAL HYGIENE

- Brushing thoroughly twice a day and flossing daily.
- Eating a balanced diet and limiting snacks between meals.
- Using dental products that contain fluoride, including toothpaste.
- Rinsing with a fluoride mouth rinse if recommended .
- Making sure that children under 12 drink fluoridated water.



### COVID-19 TRANSMISSION







#becauseoralhygienematters

## THE IMPORTANCE OF ORAL HYGIENE DURING COVID-19 PANDEMIC



## COVID-19 AND ORAL HYGIENE

### SYMPTOMS

fever, chills, sore throat, cough, shortness of breath, loss of taste or smell sensation.

**PREVENTION**  
Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.

### RELATION

The most common portal for entrance and outlet of viral infectious disease transmission through droplets and aerosol is the oral cavity.

### CHANGES IN DENTISTRY

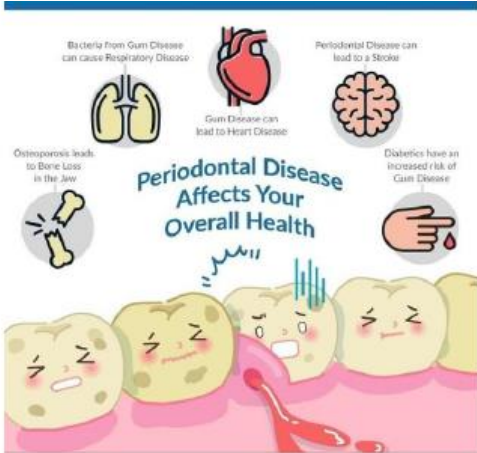
- Only urgent procedures undertaken
- Modification in clinical setup
- Testing dentists and health care prophylaxis
- Usage of PPE kit, N95 mouth mask, face shield, eye protection by dentist
- Disinfecting the clinic
- Non aerosol generating protocols undertaken
- Proper biomedical waste management.

### ORAL HYGIENE INSTRUCTIONS

- Brushing teeth with toothpaste twice daily
- Never share your toothbrush
- After each use clean and disinfect the toothbrush; It can be dipped in an antiseptic mouthwash
- Avoid placing tooth brushes of a family in a common toothbrush holder
- Change brushes regularly after 2-3 months
- Disinfect the floss containers and floss holders
- Use disposable interdental cleaning aids.



# UG03- Special Mention- EHAN YADAV, DY PATIL, PUNE

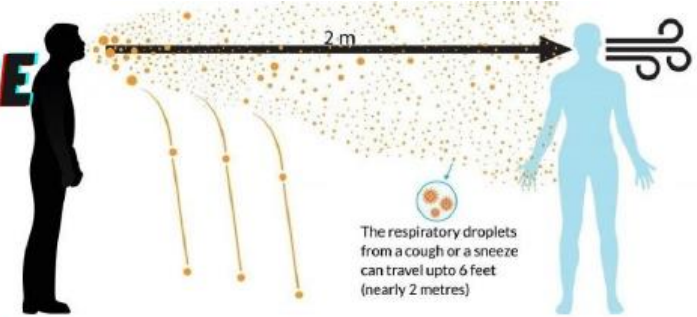


MAINTAINANCE OF ORAL HYGIENE IS NOT A LUXURY BUT A COMPULSION BECAUSE WHATEVER NUTRITION WE GET IS FROM THE FOOD WE EAT THAT ENTERS OUR ORAL CAVITY FIRST.

ORAL DISORDERS MIGHT NOT BE RESTRICTED JUST TO THE ORAL CAVITY BUT IN THE LONGER RUN MIGHT HAVE SYSTEMIC IMPLICATIONS AS WELL.

## IMPORTANCE OF ORAL HYGIENE DURING COVID-19 PANDEMIC

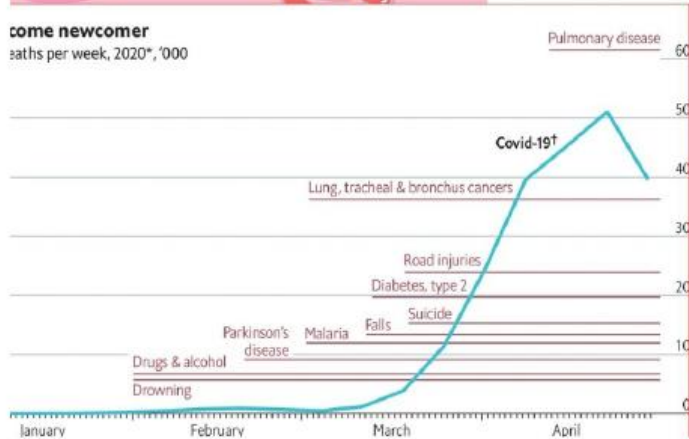
- EHAN YADAV



COVID 19 IS A HIGHLY CONTAGIOUS VIRUS SPREAD VIA THE SALIVA OF THE INFECTED PERSON

EITHER DIRECTLY BY COUGHING AND SNEEZING OR INDIRECTLY BY TOUCHING THE COVID CONTAMINATED OBJECT AND POKING ONE'S EYES NOSE AND MOUTH.

come newcomer  
aths per week, 2020\*, '000



★ ANY UNDERLYING SYSTEMIC PROBLEM HAVE GREAT EFFECT ON ONE'S BODY. NOT ONLY THE PARTICULAR ORGAN OR ORGAN SYSTEM BUT OTHER PARTS TOO AS OUR BODY WORKS AS A TEAM AND NOT AS SEPARATE UNITS.

★★★ DURING THIS TIME OF PANDEMIC, IT IS OF HIGH IMPORTANCE THAT ONE NOT ONLY TAKES THE MANDATORY PRECAUTIONS BUT ALSO MAINTAINS A HEALTHY LIFESTYLE TO AVOID ANY SYSTEMIC PROBLEM AS WELL AS TO SUPPRESS ANY PRE-EXISTING SYSTEMIC PROBLEM

### RESEARCH SHOWS PROMISE

► Povidone-iodine (PVP-I) or Betadine has been known as a microbicidal agent for the past few decades

► It has also demonstrated better anti-viral activity than other antiseptics in a few in-vitro studies against other coronaviruses (SARS-CoV and MERS-CoV)

► Undiluted PVP-I can be used as a protective measure by rinsing the mouth for 2 min up to four times a day



SALIVA BEING THE FIRST BARRIER OF PROTECTION AGAINST ANY INFECTION PLAYS A VERY CRUCIAL ROLE IN FIGHTING THE VIRUS. IT BEING THE PART OF THE ORAL CAVITY AUTOMATICALLY COMES UNDER ORAL HYGIENE.

HENCE MAINTAINING THE RIGHT BIO-CHEMICAL COMPOSITION OF THE SALIVA AND KEEPING THE ORAL ENVIRONMENT HEALTHY BECOMES OF UTMOST IMPORTANCE

**Smoking damages your lungs and other parts of your body, and may increase your risk of getting a severe case of COVID-19**

TOBACCO IS THE MAIN REASON FOR UNHEALTHY GUMS, ORAL LESIONS AND MOUTH CANCER.

SMOKING TOBACCO CAN REDUCE YOUR OXYGEN LEVEL IN THE BODY WHICH IS OF HIGH IMPORTANCE FOR THE REGENERATION OF OUR CELLS AND HEALTHY FUNCTIONING OF OUR TISSUES SPECIALLY DURING THIS TIME OF PANDEMIC.

### Nutrition advice for adults during COVID-19

Eat a well-balanced diet every day to get the vitamins, minerals, dietary fibre, protein and antioxidants your body needs to be healthier with a stronger immune system and to lower your risk of chronic illnesses and infectious diseases.



~WE ARE WHAT WE EAT.

~A HEALTHY DIET NOT ONLY PROVIDES US WITH THE NUTRITION FOR DAY TO DAY LIFE, BUT ALSO BOOSTS OUR IMMUNITY WHICH IN TURNS HELP US TO FIGHT BACTERIA IN OUR ORAL CAVITY CAUSING DENTAL PROBLEMS AND VIRUS ENTERING OUR SYSTEM CAUSING CASUALTIES

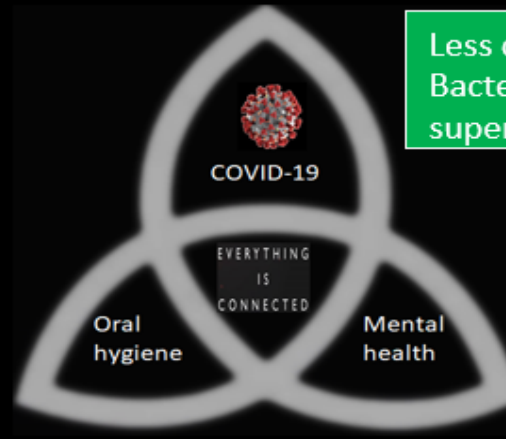
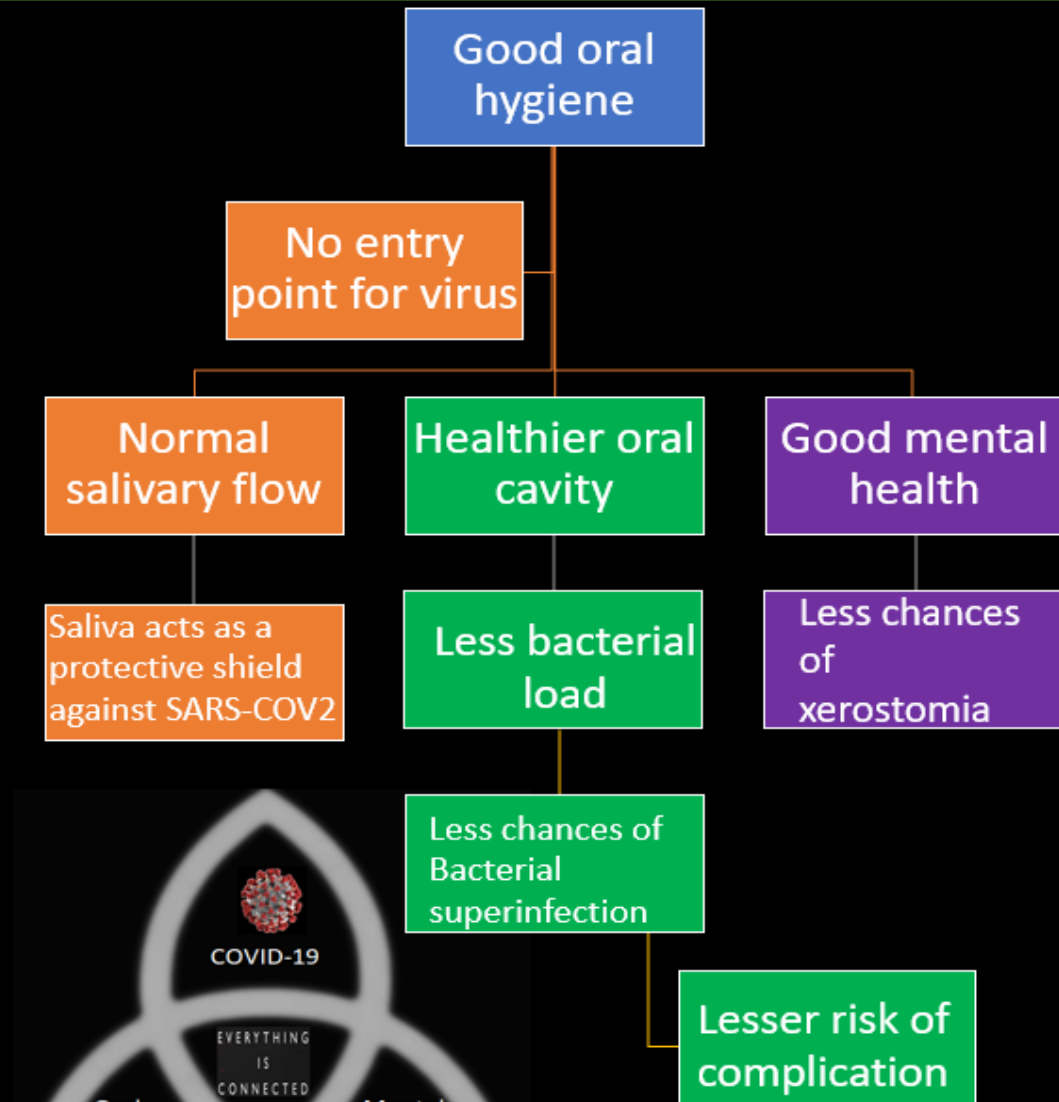


## Importance of oral hygiene during COVID-19 pandemic

### Quaranteeth

[ 'kwɔr-ən-'tēθ] | noun.

Teeth that have not been brushed twice a day, flossed once a day and rinsed regularly with a fluoride mouthwash whilst under quarantine.



# ಜನತಾವಾಣಿ



ಸಂಪಾದಕರು :  
ವಿಜಯ್ ಸಂಪಾದಕರವರು ಮಂಗಳೂರು

ಮಧ್ಯ ಕರ್ನಾಟಕದ ಆತ್ಮ ಒಡನಾಡಿ

ದಾವಣಗೆರೆ  
ಕುಮಾರ, ಆರಂಭ 01, 2020

ಸಂಖ್ಯೆ : 47 ಸಂಚಿಕೆ : 63 ದೂರವಾರ್ತೆ : 264736 ಪಾಪ್‌ಬ್ಲಾಕ್ : 01642 99999 ಪುಟ : 4 ದಿನ : 3.00 www.janthavani.com Email: janthavani@mc.com

## ಬಾಯಿಯ ನೈರ್ಮಲ್ಯ ದಿನ 2020

ಬಾಯಿಯ ಶುಚಿತ್ವ ನಿರ್ಮಲವಾಗಿ ನಮ್ಮೆಲ್ಲರ ಉತ್ತಮ ಆರೋಗ್ಯದ ಅಭ್ಯಾಸವಾಗಿದೆ.

ಹಲ್ಲು, ಬಾಯಿ ಮತ್ತು ನಾಲಿಗೆಯ ಮೇಲ್ಭಾಗವನ್ನು ಶುಚಿಗೊಳಿಸಲು ವಿವಿಧ

ಸಾಧನಗಳು ಮಾರುಕಟ್ಟೆಯಲ್ಲಿ ದೊರೆಯುತ್ತವೆ. ಅವುಗಳಲ್ಲಿ ಅತ್ಯಂತ ಉತ್ತಮ ಸಾಧನವೆಂದರೆ, ಟೂತ್‌ಬ್ರಷ್ ಆಗಿದೆ. ವಿವಿಧ ಅಧ್ಯಯನಗಳ ಪ್ರಕಾರ ಟೂತ್ ಬ್ರಷ್ ಹೇಗೆ ಬಾಯಿ ಮತ್ತು ಹಲ್ಲುಗಳನ್ನು ಸ್ವಚ್ಛಗೊಳಿಸುತ್ತದೋ ಹಾಗೆಯೇ ಅದರ ಸ್ವಚ್ಛತೆ ಬಗ್ಗೆ ಗಮನ ಕೊಡದಿದ್ದರೆ, ಕೆಲ



ಸೂಕ್ಷ್ಮಾಣು ಬೀಜಗಳು ಬೆಳೆದು ಸೋಂಕು ಉಂಟಾಗಲು ಕಾರಣವಾಗುತ್ತದೆ.

ಉದಾಹರಣೆಗೆ, ಸಾಮಾನ್ಯವಾಗಿ ಟಾಯ್ಲೆಟ್ ಬೇಸಿನ್ ಪಕ್ಕ ಬ್ರಷ್ ಇರುವುದರಿಂದ, ಬ್ರಷನ್ನು

ಸರಿಯಾಗಿ ಒಣಗಿಸಿದೆ, ತೇವಾಂಶ ಇರುವ ಜಾಗದಲ್ಲಿ ಇರುವುದರಿಂದ ಸೂಕ್ಷ್ಮಾಣು ಬೀಜಗಳು ಅವುಗಳ ಮೇಲೆ ಬೆಳೆದು ದೇಹಕ್ಕೆ ಪ್ರವೇಶಿಸಲೂಬಹುದು. ಅದಕ್ಕಾಗಿ ನಾವೆಲ್ಲರೂ ಟೂತ್‌ಬ್ರಷ್ ನಿರ್ವಹಣೆ ಮಾಡಲು ಕೆಲವು ನಿಯಮಗಳನ್ನು ಪಾಲಿಸಬೇಕಾಗುತ್ತದೆ.

1. ನಾವು ಉಪಯೋಗಿಸುವ ಬ್ರಷನ್ನು ಬೇರೆಯವರು ಉಪಯೋಗಿಸುವ ಬ್ರಷ್‌ನಿಂದ ದೂರವಿರಿಸಬೇಕು.
2. ಕುಂಚವಿರುವ ತುದಿ ಮೇಲ್ಭಾಗದಲ್ಲಿರುವಂತೆ ಬ್ರಷನ್ನು ನಿಲ್ಲಿಸಬೇಕು.
3. ಕ್ಯಾಪ್ ಹಾಕುವ ಮುನ್ನ ಕುಂಚಗಳು ಒಣಗಿವೆಯೇ ಎಂದು ಖಚಿತಪಡಿಸಿಕೊಳ್ಳಬೇಕು.
4. ಬಳಸುವ ಮುನ್ನ ಮತ್ತು ಬಳಸಿದ ನಂತರ, ಕುಂಚವನ್ನು ಉಗುರು ಬೆಚ್ಚಿನ ನೀರಿನಲ್ಲಿ ತುಚ್ಛಗೊಳಿಸಬೇಕು.
5. ಬ್ರಷನ್ನು ಟಾಯ್ಲೆಟ್ ಬೇಸಿನ್ ನಿಂದ ಕನಿಷ್ಠ 5 ಅಡಿ ಅಂತರದಲ್ಲಿ ದೂರವಿಡಬೇಕು.
6. ಟಾಯ್ಲೆಟ್ ಫ್ಲಶ್ ಮಾಡುವಾಗ ಟಾಯ್ಲೆಟ್‌ನ ಕವರ್ ಮುಚ್ಚಿದಬೇಕು.
7. ಕನಿಷ್ಠ ಮೂರು ತಿಂಗಳಿಗೊಮ್ಮೆ ಬ್ರಷನ್ನು ಬದಲಾಯಿಸಬೇಕು.

ಉತ್ತಮ ಅಭ್ಯಾಸಗಳು ಭವಿಷ್ಯದ ಆರೋಗ್ಯಕ್ಕೆ ಸೋಪಾನಗಳು.

- ಡಾ|| ಸ್ವಚ್ಛ ಬಿ., ಪ್ರಾಧ್ಯಾಪಕರು, ಸಮುದಾಯ ದಂತ ಶಾಸ್ತ್ರ ವಿಭಾಗ  
ಬಾಪೂಜಿ ದಂತ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ ಮತ್ತು ಆಸ್ಪತ್ರೆ, ದಾವಣಗೆರೆ.





**BAPUJI DENTAL COLLEGE & HOSPITAL**  
DAVANGERE  
**DEPARTMENT OF PUBLIC HEALTH DENTISTRY**



**'LET'S TALK ORAL HEALTH'**  
**WEBINAR FOR SCHOOL STUDENTS**

(STANDARD VIII-X)

**'IMPORTANCE OF ORAL HEALTH FOR ADOLESCENTS'**



**Speaker: Dr. Denzy Lawrence M.D.S**  
Senior Lecturer  
Dept. of Public Health Dentistry  
Bapuji Dental College & Hospital



**August 1, 2020 10:00 A.M. onwards**

**Zoom Meeting ID: 592 267 5733**


**Passcode: 123**

**#BecauseOralHealthMatters**

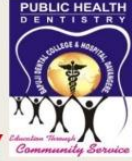
**ORAL HYGIENE DAY**

**AUGUST 1st 2020**

# ORAL HEALTH EDUCATION WEBINAR FOR SCHOOL STUDENTS ON AUGUST 1<sup>ST</sup>, 2020



**BAPUJI DENTAL COLLEGE AND HOSPITAL**  
DEPARTMENT OF PUBLIC HEALTH DENTISTRY



**PUBLIC HEALTH DENTISTRY**  
Community Service

## ORAL HYGIENE DAY

AUGUST 1<sup>ST</sup> 2020

ಬಾಪೂಜಿ ವಿದ್ಯಾ ಸಂಸ್ಥೆ (೦)

ಬಾಪೂಜಿ ದಂತ ವೈದ್ಯಕೀಯ ಮಹಾವಿದ್ಯಾಲಯ ಮತ್ತು ಆಸ್ಪತ್ರೆ,


### 'LET'S TALK ORAL HEALTH'

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
01-08-2020 Oral Hygiene Day Dr. Denzy Lawrence




Denzy Lawrence



Shanthi MP



Ruzar Carvalho



Dr. Sapna.B

Participants (12)

Find a participant

Denz... (Host, me) [Mute] [Unmute] [More]

S Shanthi MP [Mute] [Unmute] [More]


SV Sujith Vankalapati [Mute] [Unmute] [More]

D Dr.Sapna.B [Mute] [Unmute] [More]

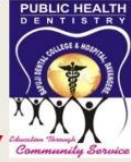
MQ Microm... [Unmute] [More]

PB Preethi BG [Mute] [Unmute] [More]

Invite Mute All Unmute All



**BAPUJI DENTAL COLLEGE AND HOSPITAL**  
DEPARTMENT OF PUBLIC HEALTH DENTISTRY




**PUBLIC HEALTH DENTISTRY**  
Community Service


## ACKNOWLEDGEMENT

THE DIRECTOR & ALL DEPARTMENTS  
BAPUJI DENTAL COLLEGE & HOSPITAL


FACULTY  
DEPT. OF PUBLIC HEALTH DENTISTRY  
BDCH & SCHOOL AUTHORITIES




Denzy Lawrence



Shanthi MP



Ruzar Carvalho



Dr. Sapna.B

Participants (27)

Find a participant

Denz... (Host, me) [Mute] [Unmute] [More]

S Shanthi MP [Mute] [Unmute] [More]

I 16a3b9b2 [Mute] [Unmute] [More]

BA Basavaraja A.S. [Mute] [Unmute] [More]

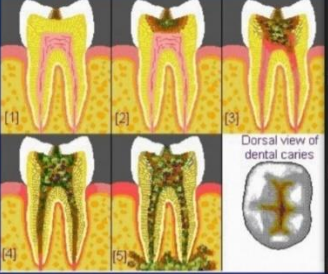
D Dr.Sapna.B [Mute] [Unmute] [More]

F f8800e45 [Mute] [Unmute] [More]

Invite Mute All Unmute All

### STAGES OF DENATL CARIES

- 1- It begins into outer layer Enamel (painless)
- 2- Spread into Dentine (hot & cold)
- 3- Reaches nerves (painful)
- 4- Kill the pulp
- 5- Abscess



**Dental Caries**

01-08-2020 Oral Hygiene Day Dr. Denzy Lawrence

Participants (32)

Find a participant

Denz... (Host, me) [Mute] [Unmute] [More]

N NAMRATHA V [Mute] [Unmute] [More]

T TEJAS [Mute] [Unmute] [More]

V vishwanath [Mute] [Unmute] [More]

H Honor 9N\_DS62 [Mute] [Unmute] [More]

Invite Mute All Unmute All

Remaining Meeting Time: 05:21

01-08-2020 Oral Hygiene Day Dr. Denzy Lawrence



# SPECIAL THANKS TO OUR JUDGES FOR ALL THE COMPETITIONS



Dr. Basappa N  
Professor  
Dept. of Pedodontics



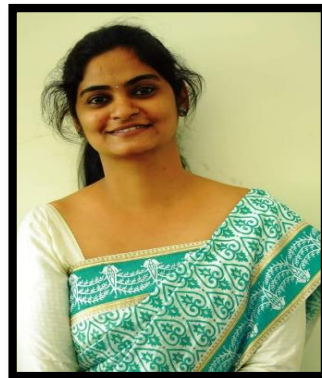
Dr. Saraswathi V. Naik  
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Dept. of Pedodontics



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Professor  
Dept. of Public Health  
Dentistry



Dr. Puja C. Yavagal  
Professor  
Dept. of Public Health  
Dentistry



Dr. Sowmya N.K.  
Professor  
Dept. of Periodontics



Dr. Jayasheela M.  
Professor  
Dept. of Periodontics