

Kalitheerthalkuppam, Madagadipet, Puducherry- 605107

Name of Resource person:

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Podcast Title:

National Dentist Day

Department: Dentistry

Category: (Select relevant category)

Public awareness/ Continuingmedicaleducation/

Research & innovation/ Daycelebration

TRANSCRIPT

Hello Everyone..... This is Dr. V. Kiruthika Shriranjani, Tutor, from Department of Dentistry, Sri Manakula Vinayagar Medical College & Hospital, Puducherry.

Today, 24th December, has been declared as “National Dentist’s Day” by our Indian Dental Association (IDA) because this day is the birth anniversary of Father of Modern Dentistry in India, Padmabhushan Dr Rafiuddin Ahmed . On this day we conduct various oral health awareness programs to help you all in educating about the importance of a dentist to keep your oral health in a good condition.

India has the second highest number of dentists in the world which means dentist to population ratio is 1:5015. Do you know tooth decay is the most common oral health problem. According to a WHO (world health organization) estimate, untreated tooth decay affects 2.5 billion persons globally.

Look after your oral health for the wellness of your overall health.

Poor oral health conditions, especially inflamed gums (gingivitis), are now a recognized risk factor for heart. It also has its impact on blood sugar level.

Children and elderly persons with poor oral hygiene are likely to have difficulty in eating, resulting in nutritional deficiencies.

Neglect of oral health seriously affects individuals, families, communities and countries.

So what you have to do?

- **Practice a good oral hygiene routine**

Choose your tooth brush wisely. Take enough time to brush your teeth thoroughly. Follow the rule of 2 – two

minutes, two times a day. Rinse your mouth with water after consuming food each time.

- **Eat a balanced, low sugar diet**

Eating excessive amounts of sugar from soft drinks, snacks and processed food not only causes tooth decay but also contribute to obesity and increase in the risk of diabetes.

- **Visit the dentist regularly**

We at Sri Manakula Vinayagar Medical College and Hospital provide treatment for all your dental Problems. Here we do tooth removal, fillings, Cosmetic dental treatment, tooth replacements, Dental implant, Minor & Major oral surgeries.

So finally the take home message is visit your dentist every six months to protect your oral health and your overall well being.

Signature of the Resource Person

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