

## Free Dental Checkup Camp

On the occasion of World Oral Health Day to mark the day, A special Oral healthcare camp was organized by Sahyog Foundation on March 22, 2021 at Bade Chupal, Kadarpur Village Gurugram, The Screening camp was planned and executed in association with Pure India.

The Oral health camp at Kadarpur village was organized with an objective to create awareness and counsel on basic general health and hygiene.

Dental problems were assessed and treated for 60 patients while examining them for at the camp site. Treatment for 20 patients at a very nominal cost was also booked at a Dental clinic just 3 kms from the Village. Along with Screening camp referral service was provided to 49, advised medicines were distributed to 30 Patients and tooth paste were distributed to each one screened at the camp.

The camp included dental awareness talk, educating patients about common dental ailments, especially stressing on tooth decay and gum diseases and measures to prevent from them. Students were told about proper brushing techniques, the eating patterns and food choices which cause tooth decay. The surgeons also highlighted about the possible formation of harmful acid which develops when bacteria (plaque) get in contact with sugar in the mouth which ultimately results in tooth decay. During the check-up, it was found that most of the children were



suffering oral cavity, this due to lots of candy intake and lack of iron and calcium in their diet and for further treatment were advised to visit the Dental clinic and PHC.

Good oral/dental health translates to good health overall. Dental problems such as cavities or gum disease can impair your ability to eat and speak properly, cause pain and bad breath. And what many people may not

realize, is that poor dental health can have a profoundly, negative effect on areas outside of the mouth, including your heart, diabetes, pregnancy and chronic inflammation, such as arthritis — to name a few. Doctor in between the camp keep advising patients to Practicing good dental hygiene, because it can prevent these types of oral disease and dental problems. And prevention should be the primary focus.

**“With routine visits / regular oral Screening to your dentist and good oral hygiene, your teeth should last a lifetime, as they were designed to do.**

**Seema Khurana**  
CSR Lead & Activist

