

## OHD 2021

Oral Hygiene Day was Organised and celebrated by Department of Periodontology, JMI on 2<sup>nd</sup> August 2021 in an online mode on Web Ex Meet with 200 participants which included students of BDS third year, final year and Interns and other Faculty members. The event included a lecture on topic “Oral Hygiene: Impact on Systemic Health” given by Guest Speaker Prof. (Dr) Arundeeep Kaur Lamba, Head, Dept. of Periodontics, MAIDS, New Delhi. Followed by the lecture was creative activity competition for the students which included Infographics and Instagram Reels on topic: “Oral Hygiene measures during Covid 19.” The event was blessed by the gracious presence of Hon’able Vice Chancellor, Prof. Najma Akhtar who was the chief guest of the Event.



Speaking: Arundeeep Lamba

**HISTORICAL CONCEPTS**

- "**ERA OF FOCAL INFECTION**" → oral bacteria and infection were the likely cause of most of a person's systemic illnesses suddenly became very popular.
- "**THE HUMAN MOUTH AS A FOCUS OF INFECTION**" The oral flora caused osteitis, osteomyelitis, septicemia, pyemia, disturbances of the alimentary tract, noma, diphtheria, tuberculosis, syphilis and thrush.

Prof. Sanjay Singh

Zeba Jafri

Attendees(89)

Search attendees

- DK dr harneet kaur
- DA Dr Mohd irfan ansari
- DS Dr Shabina Sachdeva
- DA Dr Shaista Alvi
- DH dr shamimul hasan
- DV Dr Vatchala
- DG Dr Virender Gombra
- DS Dr. Ashvini Kumar Singh
- DP Dr. Eram Perwez
- DK Dr. Mohammad. Faizullah Khan
- DG Dr.Murali G
- Dr. Shabana Manzoor

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Participants Chat

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Speaking: Arundeeep Lamba

**ATHEROSCLEROSIS**

Bacterial Products

- Upregulation of monocytes
- Penetrate the arterial intima
- Ingest circulating ox-LDL
- Engorge → foam cells
- Transform → macrophages
- IL-1, TNF- $\alpha$ , PGK2
- Synthesize & collagen proliferation
- Thickening of arterial wall

Normal and Atherosclerotic Arteries

Lockhart PH. Periodontal disease and atherosclerotic vascular disease: does the evidence support an independent association? a scientific statement from the American Heart Association. *Circulation*. 2012 May 22;125(20):2520-44.

Zeba Jafri

Attendees(85)

Search attendees

- H Hamdan
- HK Heena kausar
- IA Ishita Agarwal
- KA kanishka arora
- KP Kanupriya Pandey
- KS Keya Sircar
- LA Laraib Abid
- MK Mandeep Kaur
- MF Mariya Fatma
- MM Md Mojahid
- MS Mohammad Saleem
- MOHAMD CAZAMBAR FOD

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## Oral Hygiene Aids

**Brushes**

- Manual
- Chewable
- Powered
- Light conversion toothbrush
- Ionic toothbrush
- SMART toothbrush
- Genius toothbrush
- LASER toothbrush
- Environmental toothbrush

**Oral irrigators**

**Interdental aids**

- Floss
- Interdental brush
- Unitufted brush

**Tongue cleaners**

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Participants

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Participants Chat ...

## Ionic Toothbrush

- ▶ Uses ions to clean instead of toothpaste
- ▶ 3 V Li battery under - metal band on the handle
- ▶ Toothbrush bristles -positively charged initially
- ▶ On contact with moistened fingers - positive charge on the bristles is transferred to the teeth.
- ▶ Tooth polarity changes negative to positive
- ▶ This repels the positively charged plaque

three interchangeable brush heads

ion transfer rod

ionic contact and lithium power source

illuminating battery tester

**Active ionic more effective as compared to inactive ionic toothbrushes**

Evidence: Clinical evaluation of an ionic tooth brush on oral hygiene status, gingival status, and microbial parameter. Indian J Dent Res 2006;17:74

Layout

Viewing Arundeeep Lamba's ...

**Participants (100)**

Search

**Panelists (8)**

- AB ashu Bhardwaj Cohost, me
- Jamia Millia Islamia - Online Eve... Host
- AI Arundeeep Lamba
- DS Dr. Madhuri Alankar Sawai Cohost
- KC Kirti Chawla
- NA Najma Akhtar
- PS Prof. Sanjay Singh
- ZI Zeba Jafri

**Attendees (92)** [View all](#)

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Participants Chat ...



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Arundeep Lamba

### Attendees(86)

Search attendees

- AS Aditi Sharma
- A Almas
- AK Anam khan
- AS Anika Shakeel
- AC Ankita Chaudhary
- A AnuradhaSharma
- A aquib
- AG Arati Ashok Ghatkar
- AD archita datta
- A Atiya
- AR Ayushri Rajora

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### Participants (95)

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#### Panelists (9)

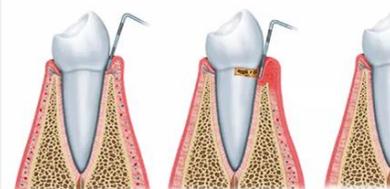
- AB ashu Bhardwaj  
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- DS Dr. Madhuri Alankar Sawai  
Cohost
- KC Kirti Chawla
- NA Najma Akhtar
- NS NISHAT SULTAN
- PS Prof. Sanjay Singh
- ZJ Zeba Jafri

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### Health?

INTRO

Improper oral hygiene → Plaque deposition



Healthy → Plaque deposition → Periodontal infection

Can periodontal infections...  
Is poor oral hygiene a risk factor for s...

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