

**Topic: Application of Clinical Nutrition and
Dietetics in Tackling Oral Diseases: An approach**

Strategic Goal:

ORAL HEALTH FOR TOTAL HEALTH

**Date: 14th Oct., 2016, Vimshathi Auditorium
ABSMIDS, Nitte University**

Continuing Professional Development CPD 12

Organised by

**The Department oral Biology &
Genomic Studies**

A continuing professional development (CPD) programme was organised on 'Application of Clinical Nutrition and Dietetics in Tackling Oral Diseases' by the Department of Oral Biology and Genomic Studies at A.B. Shetty Memorial Institute of Dental Sciences Nitte University held on 14 Oct 2016.

Professor Laxmikanth Chatra Head Department of Oral Medicine and Radiology at Yenepoya Dental College (YDC) Deralakate Mangalore was invited as chief guest. He delivered a comprehensive lecture on the importance of Diet and Nutrition and its importance in managing oral diseases.

Professor (Dr) Shridhar Shetty founding dean and Director of Department of CADSS gave inaugural address. He spoke on the importance and role of Oral Biology subject in the dental curriculum and also on the clinical nutrition and dietetics in tackling oral diseases.

Professor (Dr) Mitra N Hegde Vice Dean of A.B. Shetty Memorial Institute of Dental Sciences, Deralakate Mangalore Karnataka gave the welcome address at the CPD programme. She appreciated the initiative of the programme and its impact on the knowledge gained from such kind of programmes and in managing dental caries.

Professor Chitta Chowdhury Head Department of Oral Biology and Genomic Studies who is the initiator of the programme gave a position paper for a consultation by the experts of the field on sugar attack versus Stephans curve for Indian population, 24 hours re-call dietary survey for three days and one weekend and its calculations and lastly he gave a declaration for consultation with an outline for guidance from the experts, learned societies and organisations at home and abroad.

Professor Chowdhury said "Nutrition and diet has an enormous impact in causation of dental caries, the former is an indicator for total health as well. Whatever the reason of a compromised oral health condition, it imparts a poor quality of Life (QoL) and take away the elements of self-esteem of a person. Many nations focus on the area today, and WHO directive for priority intervention is highly recommended recently on the area. In many studies the cariostatic effect of Fluoride has been overridden by the uncontrolled intake of free sugar-associated dental diseases– is today's concern of India too. Your opinion and support towards implementing our strategic goal on the issue- "Oral Health for Total Health" will help develop the area considerably"

Professor (Dr) Rajendra Prasad former dean and director of Postgraduate studies and research was also invited for the programme.

The programme concluded with Vote of thanks by the Professor Chitta Chowdhury and Dr Shahanawaz faculty of the department.

The CPD followed a hands session (for the intern doctors) at the department of Oral Biology on diet charting, calculation of sugar intake, counselling for prevention of sugar attack and 24 hour recall survey, led by Professor Chitta Chowdhury.

Consultation Paper

Points to consult with experts at home and abroad proposed by Professor Chitta Chowdhury

- Determination of **RDA** for Free Sugar in India
- **Logo on Food Package:** Refined Sugar, Sucrose, Fructose and Galactose [SSFG]
- **Monitoring of pH of carbonated drinks** in India
- Assessment of Non-caries tooth surface loss (**NC-TSL**)
- Monitoring of **caries attack and caries activity**
- Determination of **sugar consumption per capita/anum**
- Therapeutic dietetics and clinical nutritional **modular courses** for oral disease prevention and control in UG and PG plus CPD for practitioners
- Development of **guideline**
- **Selection of experts** and communication for consultation in order to develop a guideline
- **Consumer protection and legal framework** : Sweet Score, F& D control board
- **Production-phase:** Research Products (Non-cariogenic chewing gum)
- Informing to **statutory bodies** in India



Photograph from Left to Right:

Professor (Dr) Mitra N Hedge, Professor Chitta Chowdhury, Professor Laxmikanth Chattra, Professor (Dr) Shridhar Shetty, Professor (Dr) Rajendra Prasad



Professor (Dr) Shridhar N Shetty Founding Dean and Director of CADSS presenting the inaugural address at the CPD programme organised on 14/10/2016



Invocation by the Interns



Speech from the Invited Chief Guest Professor Laxikanth Chatra Head of Oral Medicine and Radiology Yenepoya Dental College



Welcome Address by Professor (Dr) Mithra N Hegde Vice Principal of A.B. Shetty Memorial Institute of Dental Sciences Deralakatte Mangalore Karnataka



Chief Guest Professor Laxmikanth Chatra giving a presentation on the Significant Effect of Diet and Nutrition on Oral Health





Professor Chitta Chowdhury head of Oral Biology and Genomic Studies who is organizing chair and initiator of the programme is giving a talk on the purpose of the event.



Professor Chitta Chowdhury presenting a consultation on sugar attack versus Stephans curve for Indian population, 24 hours re-calls dietary survey for three days and one weekend and its calculations and lastly he gave a declaration for consultation with an outline for guidance from the experts, learned societies and organisations at home and abroad.



A part of the audiences at CPD Programme



Professor (Dr) Mithra N Hegde Vice Principal of A.B. Shetty Memorial Institute of Dental Sciences presenting a flower bouquet to the Chief Guest Professor Laximikanth Chatra from Yenepoya Dental College (YDC) Deralakate Mangalore

Note: The Lectures on the subjects are available at the Department of Oral Biology