



**MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE**

DENTAL AND ORAL HEALTH COMMITTEE 100 DAYS REPORT.



SEPTEMBER 17TH - DECEMBER 27TH 2023



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Director Oral Health Committee 100 days in Office



Dr Eleanor Nwandinobi
MWIA President



Prof Rosemary Ogu
National President

Director Oral Health Committee 100 days in Office



Dr Adesuwa Urhoghide-Edigin
NIA/Chairman MWAN National Dental
and Oral Health Committee

MISSION:

The Dental and Oral Health Committee (DOHC) is established to address and oversee matters related to dental and oral health within the organization or institution. This document outlines the terms of reference for the committee, including its purpose, composition, responsibilities, and operating procedures.

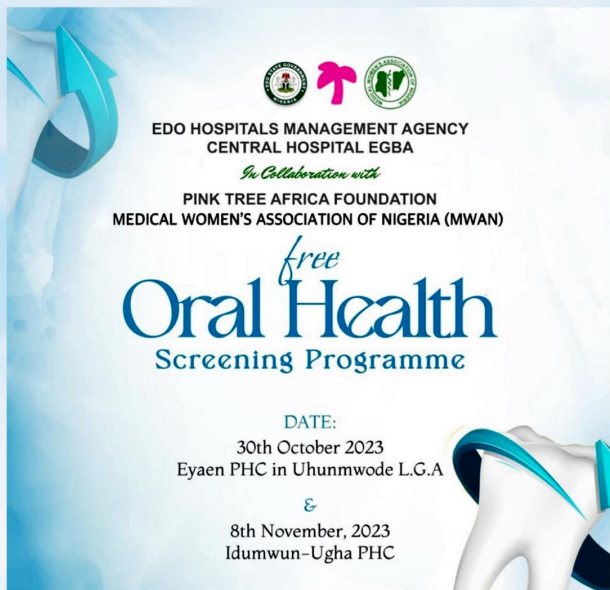
AIMS:

The purpose of the Dental and Oral Health Committee is to promote, monitor, and improve dental and oral health services, awareness, and policies within Nigeria. The committee shall strive to enhance the oral health and well-being of members and the community at large and ensure compliance with relevant regulations and guidelines with regards Oral Health.

Programs



**MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE
(DOHC) 100 DAYS IN OFFICE**



EDO HOSPITALS MANAGEMENT AGENCY
CENTRAL HOSPITAL EGBA

In Collaboration with

PINK TREE AFRICA FOUNDATION
MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)

free
Oral Health
Screening Programme

DATE:
30th October 2023
Eyaen PHC in Uhumwode L.G.A

&
8th November, 2023
Idumwun-Ugha PHC



DENTAL AND ORAL HEALTH COMMITTEE

celebrates

DENTAL FLOSSING DAY

NOV 24TH

Healing with the love of a mother



MEDICAL WOMEN'S ASSOCIATION OF NIGERIA,
ANAMBRA CHAPTER, IN COLLABORATION WITH MWAN
NATIONAL DENTAL AND ORAL HEALTH COMMITTEE

14th, 18th and 19th December, 2023

**Campaign on "Oral Health
Education and Screening as part
of Ante - Natal Care Package"**

*Join us in this
Campaign!*

Venue:
Odumegwu Ojukwu University Teaching
Hospital, ANC Clinic, Obstetrics and
Gynecology Department.

Dr. Ngozi Blessing Udegbe
Coordinator MWAN Anambra
State Dental Committee
2023-2025 Biennium

Dr. Ogochukwu Chioma Ofiaeli
President, MWAN, Anambra Chapter
2023-2025 Biennium

Dr. Adesuwu Urhoghide-Edigin
Chairman, MWAN National Dental
and Oral Health Committee

Prof. Rosemary Ogu
President, MWAN National Dental
and Oral Health Committee

For Enquiries: nationalmwandentalcommittee@gmail.com

**MWAN ADDING ORAL SCREENING, SCALING/
POLISHING AND GIVING ORAL HYGIENE
INSTRUCTIONS AS PART OF ANTENATAL CARE
PACKAGE PROJECT**

MWAN has started to raise dental awareness to have a cavity free and oral disease free future by implementing this preventive measure.

In Anambra state over 200 pregnant women have gained from this program so far in Odumegwu Ojukwu University Teaching Hospital, ANC clinic, O&G department on the 14th, 18th and today 19th Dec 2023. The hospital would run this new ANC package henceforth. Toothbrushes and toothpaste were given out to the women.

#HealthyMotherHealthyChild
JOIN US IN THIS CAMPAIGN!!

HAVE YOU STARTED TO IMPLEMENT IN YOUR CLINICS
AND HOSPITALS ???

Prof Rosemary Ogu
National President

Dr Adesuwu Urhoghide-Edigin
Chairman MWAN National Dental and Oral Health Committee

**MWAN NATIONAL DENTAL AND ORAL HEALTH
COMMITTEE**

#UNFORGETTABLE
#2023-2025 BIENNIUM

MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE (DOHC) 100 DAYS IN OFFICE



MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE (DOHC) 100 DAYS IN OFFICE



MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN) OUTREACH AND DENTAL/ORAL HEALTH COMMITTEES IN COLLABORATION WITH JOINT NATIONAL ASSOCIATION OF PERSONS WITH DISABILITY (JONAPWD)

**Commemorates
INTERNATIONAL DAY FOR PERSONS WITH DISABILITIES**

2023 Theme: United Action to Rescue and Achieve the SDG For, With and By Persons With Disabilities

MEDICAL/DENTAL OUTREACHES

1. Osun State; Saturday Dec. 2nd
2. Ebonyi State; Sunday Dec. 3rd
3. Edo State; Sunday Dec. 3rd
4. Rivers State; Monday Dec. 4th
5. FCT Abuja; Saturday Dec. 9th

Prof. Rosemary Ogu
MWAN National President

Dr. Ifeyinwa Okeke
Chairman Outreach Committee

Dr. Adesuwa Urhoghide-Edigin
Chairman Dental & Oral Health Committee

Medical Women's Association of Nigeria (MWAN National) Outreach and Dental and Oral Committees In collaboration with Joint National Association Of Persons With Disabilities (JONAPWD) Commemorates INTERNATIONAL DAY FOR PERSONS WITH DISABILITY

2023 Theme: United in Action to Rescue and Achieve the SDGs For, With and By Persons With Disabilities.

- Osun State Saturday Dec 2nd
- Ebonyi State Sunday Dec 3rd
- Edo State Sunday Dec 3rd
- Rivers State Monday Dec 4th
- FCT Saturday 9th Dec



Medical Women's Association of Nigeria (MWAN National) Dental and Oral Health Committee
In collaboration with
National Association of Persons Living With Disability (JONAPWD)

To commemorate

International day for persons living with disability

FREE ORAL HEALTH EDUCATION AND SCREENING

Ogun State :	Dec 5th 2023
Edo State :	Dec 3rd 2023
Plateau State :	Dec 2nd 2023
Borno State :	Dec 4th 2023
Cross River state :	Dec 1st 2023

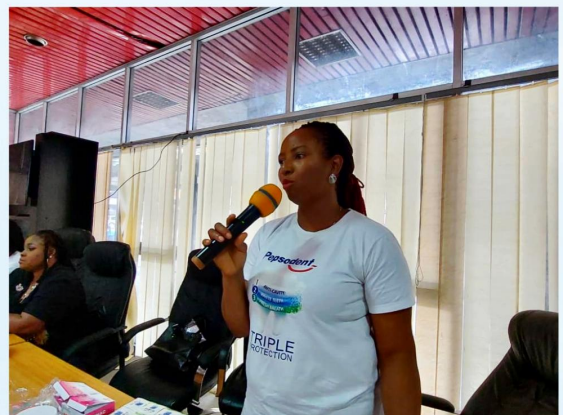
PROF ROSEMARY OGU
National President

DR ADESUWA URHOGHIDE-EDIGIN
Chairman MWAN National Dental and Oral Health Committee

PINK TREE FOUNDATION
Rolac

TO COMMEMORATE INTERNATIONAL DAY FOR PERSONS LIVING WITH DISABILITY
-FREE ORAL HEALTH EDUCATION AND SCREENING
-FREE BLOOD SUGAR AND BP CHECKS

DATE
OGUN STATE : DEC 5TH
EDO STATE : DEC 3RD
PLATEAU STATE : DEC 2ND
BORNO STATE : DEC 4TH
CROSS RIVER STATE : DEC 1ST



MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN NATIONAL) COLLABORATES WITH NATIONAL ASSOCIATION OF PERSONS LIVING WITH DISABILITY (JONAPWD)

MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE (DOHC) 100 DAYS IN OFFICE

MWAN NATIONAL COMMEMORATES ORAL HYGIENE MONTH - OCTOBER, 2023

NATIONAL MWAN Dental Essay Competition!

TOPIC:
Oral Health And Hygiene: Why Does Our Mouth Matter?

PRIZE N500,000

Requirements

- For all students in secondary schools in the 36 States and FCT
- Students in SS1-SS3
- Submit Essay to nationalmwandentalcommittee@gmail.com
- 1000 words - 5000 words
- **Deadline: November 13th, 2023.**

Prof. Rosemary Ogu
National President

Dr. Adesuwa Urhoghide-Edigin
Chairman Dental Committee

Sponsored by:
MWAN NATIONAL
Pink Tree Foundation

MWAN NATIONAL DENTAL ESSAY COMPETITION

MWAN National is commemorating **ORAL HYGIENE MONTH (OCTOBER)** with a nationwide (36 states + FCT) essay competition in secondary schools (SS1-SS3). Prize is N500,000.

More details in attached poster.

Prof Rosemary Ogu
National President

Dr Adesuwa Urhoghide-Edigin
Chairman Dental & Oral Health Committee

#UNFORGETTABLE
#2023-2025 Biennium



MWAN ORAL HEALTH EDUCATION AND SCREENING IN BORNO STATE

MWAN NATIONAL IN PARTNERSHIP WITH MWAN BORNO VISITED THE PERSONS LIVING WITH DISABILITY SECRETARIAT. 8 MEDICAL WOMEN WERE PRESENT. 60 PERSONS WERE EDUCATED AND SCREENED. ALMOST ALL THE SCREENED PERSONS HAD POOR ORAL HYGIENE WITH VERY HEAVY CALCULUS DEPOSITS. OTHER COMMON FINDINGS WERE MULTIPLE TEETH MOBILITY, MULTIPLE RETAINED ROOTS, AND A FEW CARIOUS TEETH. GENERALLY, THE MOST COMMON PRESENTATION WAS CHRONIC PERIODONTITIS.

MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE
#UNFORGETTABLE
#2023-2025 BIENNIUM



MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE (DOHC) 100 DAYS IN OFFICE

Medical Women's Association of Nigeria (MWAN National)
collaborates with
MWAN Nasarawa Chapter

NATIONAL ORAL HEALTH EDUCATION, SCREENING AND TREATMENT PROJECT

Date: 29th & 30th Nov. 2023

Venue: Nasarawa State University, Keffi **Time:** 9AM Daily

PROF ROSEMARY OGU
National President MWAN

DR ADESUWA URHOGHIDE-EDIGIN
Chairman Dental and Oral Health Committee

DR. ESTHER S. AUDU
MWAN Nasarawa President

SPONSORS:

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#2023-2025 BIENNIUM
Email: nationalmwandentalcommittee@gmail.com

MWAN NATIONAL ORAL HEALTH EDUCATION, SCREENING AND TREATMENT PROJECT IN NASSARAWA STATE

MWAN gave oral health education to about 500 persons, carried out oral health screening and minor treatment on 157 persons in Nassarawa state on students of NASSARAWA state university keffi. The team of 20 inclusive of 8 medical women carried out this outreach. MWAN still on the mission of raising more Dental and Oral Health awareness in Nigeria.



MWAN NATIONAL ORAL HEALTH EDUCATION, SCREENING PROJECT IN EDO STATE

MWAN NATIONAL AND MWAN EDO GAVE ORAL HEALTH EDUCATION, CARRIED OUT ORAL HEALTH SCREENING, BP CHECKS AND BLOOD SUGAR SCREENING IN JASMIN GARDENS IN EDO STATE ON SUNDAY 3RD DEC 2023 FOR THE PERSONS LIVING WITH DISABILITY. IT WAS A SUCCESSFUL OUTREACH AND DATA WAS COLLATED.

THANK YOU TO THE FOLLOWING VOLUNTEERS FOR THEIR TIME AND ENERGY PUT INTO THIS PROGRAM TO MAKE IT SUCCESSFUL

- 1) DR ADESUWA URHOGHIDE-EDIGIN (CHAIRMAN DOHC) (BENIN) - MWAN EDO MEMBERS
- 2) DR EHI ISA (PRESIDENT)
- 3) DR OTA OSAROGUE
- 4) DR ELOHOR OKUONGHAE
- 5) DR AWOYEMI YEWANDE
- 6) DR BUCHI ANAGO
- 7) DR ATIM ARCHIBONG
- 8) DR ONOSE ONWUALU

Medical Women's Association of Nigeria (MWAN National)
collaborates with
MWAN EdoChapter
to commemorate

WORLD AIDS DAY 2023

NATIONAL ORAL HEALTH EDUCATION, SCREENING AND TREATMENT PROJECT

Date: Sunday Dec 3rd 2023

Venue: Jasmin Garden, Airport road, Benin city **Time:** 12 noon prompt

PROF ROSEMARY OGU
National President MWAN

DR ADESUWA URHOGHIDE-EDIGIN
Chairman Dental and Oral Health Committee

DR. DR EHI ISA
MWAN Edo President

SPONSORS:

#UNFORGETTABLE
#2023-2025 BIENNIUM
Email: nationalmwandentalcommittee@gmail.com

MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE (DOHC) 100 DAYS IN OFFICE



From Lt-Rt. MWAN Edo president Dr Ehi Isa, Edo state President of Persons living with Disability, Mrs Ann Ajugo and MWAN National internal auditor/ Chairman Dental and Oral health Committee, Dr Adesuw Urhoghide-Edigin



Pictures for Osun outreach



MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE (DOHC) 100 DAYS IN OFFICE



MWAN NATIONAL ORAL HEALTH EDUCATION, SCREENING PROJECT IN CROSS RIVER STATE

MWAN National and MWAN Cross River in partnership with Dental students of the University of Calabar and the Special Care Dentistry Association of Nigeria (SCDAN) gave oral health education and carried out oral health screening in a special needs school in Cross River state on Friday 1st Dec 2023 for children with special needs. 150 children and 50 care givers were educated. 75 were screened. Gifts of tooth brushes and toothpaste were given to the children with special needs. They showed gratitude to MWAN.

"Healing with the Love of a Mother"

Prof Rosemary Ogu
National President

Dr Adesuwa Urhoghide-Edigin
NIA/Chairman MWAN National Dental and Oral Health
Committee

Dr Minika Hagan-Okon
MWAN Cross River President

#UNFORGETTABLE
#2023-2025 Biennium



MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE (DOHC) 100 DAYS IN OFFICE



Medical Women's Association of Nigeria (MWAN)
collaborates with
MWAN Delta Chapter

NATIONAL ORAL HEALTH EDUCATION, SCREENING AND TREATMENT PROJECT

Date : Fri, 10th Nov. 2023

Venue : D.S.C Technical High School
and Ovwian Aladja Community,
Warri, Delta State

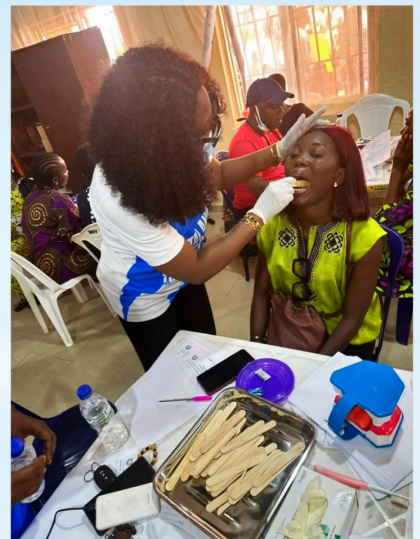
Time : 8AM PROMPT

Email : nationalmwandentalcommittee@gmail.com

PROF ROSEMARY OGU
National President MWAN

DR ADESUWA URHOGHIDE-EDIGIN
Chairman Dental and Oral Health Committee

DR AGHOGHO AKPE
MWAN Delta President



MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE (DOHC) 100 DAYS IN OFFICE

Medical Women's Association of Nigeria (MWAN National)
collaborates with
MWAN kaduna chapter

NATIONAL ORAL HEALTH EDUCATION, SCREENING AND TREATMENT PROJECT

Date : Thurs, 2nd Nov. 2023

Venue : Nigerian Correctional Service, Independence way, kaduna.

Time : 12PM PROMPT

SPONSORS :
NDA kaduna chapter

**#UNFORGETTABLE
#2023-2025 BIENNIUM**
Email : nationalmwandentalcommittee@gmail.com



MWAN NATIONAL ORAL HEALTH EDUCATION AND SCREENING PROJECT

MWAN National and MWAN Kaduna carried out an oral health screening in a Correctional facility located in Kaduna on Nov 2nd 2023. NDA Kaduna were sponsors and supported the program with toothpaste and toothbrushes. The inmates were given oral health education and screened. Due to security reasons pictures and videos of the inmates cannot be circulated. The program was successful.



Volunteers :

- Mwan Kaduna members led by the Mwan Kaduna President.
- NDA Kaduna members

Oral health
Advocacy
flyers



MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE (DOHC) 100 DAYS IN OFFICE



**MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE**

ORAL HEALTH: A POINT OF EMPHASIS.

Bacteria from the mouth can spread to other bodily systems; samples taken from brain abscesses, lung tissue, placentas, and atherosclerotic plaque in the heart's arteries have all revealed this.

Oral disease has a significant negative impact on parents, families, communities, and the nation at large. The burdens associated with oral diseases are understated. They range from expensive treatments and resource loss from late-stage interventions to exacerbated or additional health issues to reducing the overall quality of life.

Paying greater attention to oral health and making it a top priority in primary care must be emphasized for overall total health.



DR ADESUA URHOGHIDE-EDIGIN

Oral Health Advocacy



**MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE**

THE PLUSES OF PROMOTING ORAL HEALTH

Patients struggle significantly to maintain and achieve optimal oral health. These struggles include a lack of effective information on oral health concerns, difficulties with self-care for preventing oral disease, and restricted access to dental care. Even though expanding access to inexpensive dental care is crucial, it is unlikely to be a sufficient approach to lessening the burdens of oral disease.

Increasing the workforce in the field of oral disease prevention and acting earlier in the course of diseases can effectively combat oral disease. To improve patient and family health, dental and oral health experts must partake greatly in preventive and early detection. This would preserve the time and expertise of dentists to address complex diseases thereby optimizing the value of the workforce.



DR ADESUA URHOGHIDE-EDIGIN

Oral Health Advocacy



**MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE**

DENTISTS PRACTICE DENTISTRY

or dental surgery, and are therefore otherwise known as dental surgeons. They are healthcare professionals who specialize in oral health; they diagnose and treat various diseases in the Head & Neck Region; but much more specifically, they manage conditions related to the teeth, gums, mouth, jaws and lower face; through psychological, therapeutic, surgical, and aesthetically acceptable and appealing prosthetic interventions, with expert back-ups in oral biology, pathology & radiology among others.

Fortunately for many, dentists are also very well-positioned as First Responders to pick-up early signs of much more sinister health challenges in the body which are only obvious, or first seen in the dentist's field of operation.

They hold the degree of Bachelor of Dental Surgery (BDS/BCSD), Doctor of Dental Surgery (DDS) or Doctor of Dental Medicine (DDMD) after completing their Dental Education.

The American Dental Association would be quick to let you know that because dentists are doctors of the field of dentistry; they ably and eminently qualify as Oral Health Physicians.

Yes, your dentist is a doctor!



**DR. GBENGA AROGUNRE
CEPC, NDA**

Oral Health Advocacy



**MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE**

SOCIAL IMPACT OF HALITOSIS (MOUTH ODOUR)

Halitosis which is unpleasant odour emitted from the mouth, wits first impression both personally and professionally and conflicts with attractive, pleasing and seductive wishes of individuals. It makes charming individuals who people are fond of, may even suffer social isolation when they develop halitosis. It can destroy love life, and hinder one's ability to maintain an old job and even get a new job. Halitosis dooms bridesmaids to spinsterhood, makes men who seemingly have everything to be social pariahs; and ostracizes mothers from their own children.

Halitosis has long been regarded as the enemy of romance. "A seductive woman must learn to dance, hide her bodily blemishes and refrain from laughing if she has a black tooth. But above all, she must not smell foul to attract the opposite sex". Ultimately, halitosis formed a legal ground for a wife to seek divorce.

Interestingly, the major causes of halitosis are preventable by maintaining good oral hygiene (twice daily tooth brushing and interdental cleaning with dental floss), eating balanced diet and fruits, lifestyle modification (tobacco, alcohol and garlic avoidance, reduction in refined sugar consumption) and dentist visit for scaling and polishing and treatment of other conditions



PROF CLEMENT AZODO

Oral Health Advocacy



**MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE**

STRATEGIES IN THE PREVENTION OF EARLY CHILDHOOD CARIES EPIDEMIC

Early Childhood Caries (ECC) is an aggressive form of dental caries and exists in epidemic proportions in developing countries in children less than 6 years of age. It is the most prevalent disease in Childhood and a huge burden on those affected and their families. Frequent consumption of sugar containing diet with poor oral hygiene practises in children account for the greatest risk factors. About 95% of affected teeth in Nigeria are untreated and unrestored. When untreated, there is delayed growth and development, frequent toothache and pain, disruption of school attendance, abscess formation, emergency dental visits and overall pose a significant financial burden on caregivers. Early Childhood caries therefore negatively impacts the quality of life of children and families. Prevention involves the early and frequent exposure to fluorides, supervised tooth brushing, establishing a dental home and increased parental oral health awareness and education which can be included in antenatal and immunization clinics.



DR OSARUGUE LYDIA OTA

Oral Health Advocacy



**MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE**

ORAL HEALTH AWARENESS: THE BURDEN OF ORAL CANCER IN NIGERIA

Oral cancer is one of the ten most common cancers worldwide, and the five years survival rate is still disappointingly low. It is a major health problem in Nigeria, and a serious cause of morbidity and mortality worldwide.

Sadly, most patients in our environment present at advanced stage of the disease for treatment hence a poor prognosis. This may be attributed to their low socioeconomic status, illiteracy, ignorance, and some traditional beliefs in alternative native therapies.

Oral health awareness campaign and advocacy is necessary to educate the populace on the need for regular dental visits, early recognition, and the dangers associated with late presentation of orofacial malignancy.



DR MERCY OKOH

Oral Health Advocacy

MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE (DOHC) 100 DAYS IN OFFICE



MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE

YOUR DIET AND YOUR ORAL HEALTH.

Your diet plays a great roll in your Oral health. Good balanced and appropriate diet will give you good Oral health. Diet is the type of food usually eaten by a person or community. While nutrition is when diet is absorbed and assimilated, it's effect on metabolic processes at cell and tissue level.

Diet consist of carbohydrates, proteins, fats and minerals. Your diet is important for good development and maintenance of tissues, and the structures of the mouth. Vitamin A is good for formation of the tissues covering the mouth and outer layer of the teeth. Vitamin B is essential for general well-being of the tissues. Vitamin C is good for formation of connective tissues. While vitamin D is for calcification of the hard tissues. Substances like fluoride strengthens the tooth against decay.



DR MAGDALENE IROZURU

Oral Health Advocacy



MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE

GOOD ORAL HEALTH

is crucial for overall well-being, yet it is often overlooked. By promoting awareness, education, and access to dental care, we can prevent dental diseases and improve the quality of life for individuals. Let us join hands in advocating for better oral health policies, promoting regular check-ups, and encouraging healthy oral hygiene practices. Together, we can create a society with brighter smiles and healthier lives.



DR STANLEY EHIARIMWIAN

Oral Health Advocacy



MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE

THE BENEFITS OF GOOD ORAL HYGIENE

Great oral hygiene not only protects your teeth, it's a significant factor in avoiding more serious health issues and giving you overall positive health and confidence. The benefits of having great oral hygiene are plentiful, and we've outlined some of them below.

1. Prevents Cavities & Gum Disease
2. Keeps Your Bright Smile
3. Prevents More Serious Diseases
4. Stops Bad Breath
5. Lower Health Care Costs

Between the costs of filling cavities or replacing teeth with dental implants, and the high cost of treating a whole-body disease like diabetes or heart conditions, taking care of your oral health can save you thousands in health care costs over your lifetime. The cost of some tubes of toothpaste, floss and regular check-ups is a small price to pay for overall health and well-being.



DR SALAMATU SILVIA AKOR

Oral Health Advocacy



MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE

THE ROLE OF MOTHERS IN THE PREVENTION OF ORAL DISEASES IN CHILDREN

The role of mothers in the prevention of oral diseases in children is crucial, as they are often the primary caregivers and play an essential role in their child's overall health.

Mothers have a significant influence on their children's oral hygiene practices and dietary habits, both of which are vital for preventing oral diseases.

By educating themselves and their children about proper oral care and ensuring regular dental check-ups, mothers can help reduce the risk of oral diseases, promote good oral health habits from an early age and can set their children on the path to good oral health.

It is crucial for mothers to understand the importance of their role in preventing oral diseases and to actively take steps to ensure their child's oral health and overall well-being.



DR ONYEBUCHI ANAGO

Oral Health Advocacy



MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE

ORAL HEALTH ADVOCACY: TACKLING CLEFT LIP AND PALATE IN RURAL COMMUNITIES

The causes of congenital deformities like cleft lip and palate among most infants is unknown. However, in some cases they are thought to be caused by a combination of genes, environmental factors or a lack of essential vitamins.

Raising the awareness on the importance of newborn screening programmes and their role in identifying infants born with congenital birth defects like cleft lip and palate is a key to increasing access to care and preservation of the oral health.

YOUR VOICE IS MORE PARAMOUNT THAN EVER



DR. TUOYO EBİYON

Oral Health Advocacy



MEDICAL WOMEN'S ASSOCIATION OF NIGERIA (MWAN)
DENTAL AND ORAL HEALTH COMMITTEE

DENTAL CHECKUP

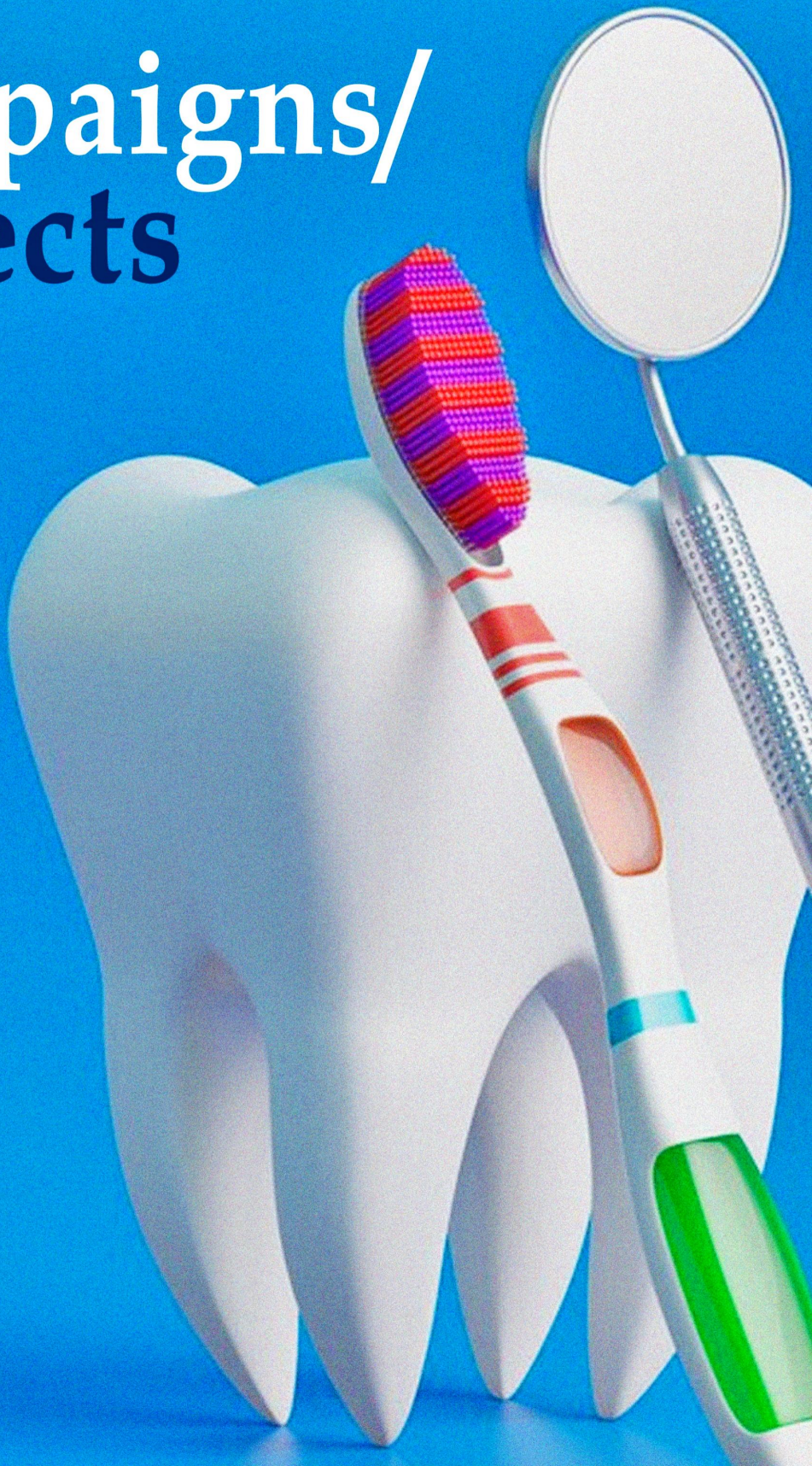
Having teeth checked by dentists can help prevent problems and catch problems early. Visit your dentist today.



DR. HARRISON OMOKHUA

Oral Health Advocacy

Campaigns/ Projects



**MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE
(DOHC) 100 DAYS IN OFFICE**

We can have a cavity free and oral disease free future by putting preventive measures in place.

1) By Introducing Fluoridation to the Immunization schemes in the hospitals and PHCs;

#HealthyBabyTeethHealthyLife

JOIN US IN THIS CAMPAIGN AND PROJECT!!!

**Prof Rosemary Ogu
National President**

**Dr Adesuwa Urhoghide-Edigin
Chairman MWAN National Dental and Oral Health Committee**

**MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE
#UNFORGETTABLE
#2023-2025 BIENNIUM**

We can raise dental awareness and can have a cavity free and oral disease free future by putting preventive measures in place.

2) By adding Oral Screening, Scaling/ polishing and giving Oral Hygiene instructions as part of AnteNatal Care Package pregnant women pay for in the ANC clinics;

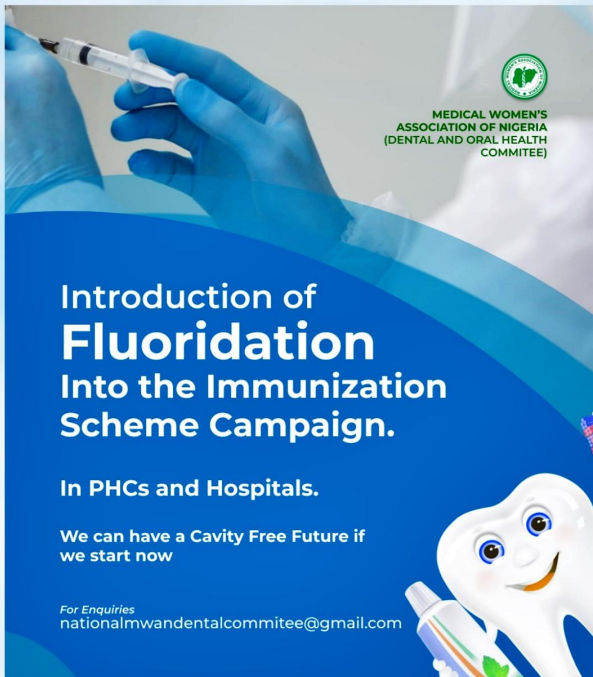
#HealthyMotherHealthyChild

JOIN US IN THIS CAMPAIGN!!

IMPLEMENT IT IN YOUR CLINICS AND HOSPITALS!!!

**Prof Rosemary Ogu
National President**

**Dr Adesuwa Urhoghide-Edigin
Chairman MWAN National Dental and Oral Health Committee**



**MEDICAL WOMEN'S ASSOCIATION OF NIGERIA
(DENTAL AND ORAL HEALTH COMMITTEE)**

Introduction of Fluoridation Into the Immunization Scheme Campaign.

In PHCs and Hospitals.

We can have a Cavity Free Future if we start now

For Enquiries
nationalmwandentalcommittee@gmail.com



**MEDICAL WOMEN'S ASSOCIATION OF NIGERIA
(DENTAL AND ORAL HEALTH COMMITTEE)**

Oral Education, Screening and Treatment as part of AnteNatal Care Package Campaign in ANC clinics.

Join us in this Campaign!

IMPLEMENT IN YOUR CLINICS AND HOSPITALS!

**#Earlypreventioniskey
#HealthyMotherHealthyChild**

For Enquiries
nationalmwandentalcommittee@gmail.com

Reports



**MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE
(DOHC) 100 DAYS IN OFFICE**

Name of Committee: MWAN National Dental and Oral Health Committee

S/N	Event / Activity	Objective	Date / Venue	Outcome (number of persons reached, age group, gender)
A	NATIONAL ORAL HEALTH EDUCATION, SCREENING AND TREATMENT OUTREACHES IN 37 STATES	<p>1) provide individuals and groups in 37 states with relevant information about their oral health based on scientific principles and evidence</p> <p>2) to motivate both individuals and groups on the importance of daily oral care and the need for optimum oral health</p> <p>3)oral health advocacy</p>		
1	In partnership with MWAN Kaduna	-Educate and Screen -Raise Dental Awareness	Correctional Facility	50 persons 15-35yrs Male
2	In partnership with MWAN Delta, Pink Africa, Healing Hands and Colgate	-Educate, screen and Treat -Raise Dental Awareness -Screen for breast cancer	Nov 10 th 2023 Delta state	1000 8-70yrs Male and females 10 medical women
3	In partnership with MWAN Edo, NDA Edo and Pink Africa	-Educate and screen	Dec 3 rd 2023 Jasmine Gardens, airport Rd, Benin	50 18-60yrs Male and female 8 medical women
4	In partnership with MWAN Nasarawa	Educate and Screen Raise Dental Awareness	School 29 th and 30 th November 2023	157 persons
5	In partnership with MWAN Cross River and Special Care Dentistry Association	Educate and Screen Raise Dental Awareness with special needs children	Dec 1 st 2023 School for Special needs children	250 educated, 75 screened 4-50yrs Male and female 2 medical women and 13 female students

**MWAN NATIONAL DENTAL AND ORAL HEALTH COMMITTEE
(DOHC) 100 DAYS IN OFFICE**

B	DENTAL EDUCATION AND SCREENING AS PART OF ANC PACKAGE CAMPAIGN	<ul style="list-style-type: none"> - Raise Dental Awareness amongst pregnant women - Prevent dental caries in mother and child - Educate on the importance of good oral health during pregnancy - Educate on how to care for the children's oral health - screen for common oral diseases 		
6	Outreach in Eyaen PHC Edo state		October 7 th 2023	200 women
7	Outreach in Idumwun-Ugha PHC Edo state		October 8 th 2023	120 women
8	Outreach in Teaching Hospital Anambra state		Dec 14 th , 18 th and 19 th 2023	200 women
9	Government Hospital Egba, Edo state		Dec 1 st – Dec 22 nd 2023	Ongoing
C	OUTREACHES in partnership WITH NATIONAL OUTREACH COMMITTEE AND NATIONAL ASSOCIATION OF PERSONS LIVING WITH DISABILITY TO COMMEMORATE INTERNATIONAL DAY FOR PERSONS LIVING WITH DISABILITY	<ul style="list-style-type: none"> - Raise Dental Awareness amongst persons living with disability - Educate and screen - Blood sugar - blood pressure checks 		

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10	With Osun State		Dec 19th	10 medical women, 100 persons
11	With Borno State		Dec 13th	8 medical women, 60 persons
12	With Ogun State in partnership with NDA		Dec 5th	70 persons reached
13	With Rivers State		Dec 5th	100 persons educated
14	With Edo state in partnership with NDA and Pink Africa		Dec 3 rd 2023	100 persons screened
D	ADVOCACY FLYERS PROJECT	Raise Dental Awareness to colleagues and the general public	Social Media October 2023 – September 2025	Persons on social media; what app, facebook, instagram
	Oral health topics			
1	Oral health: a point of emphasis: Dr Adesuwa Urhoghide-Edigin		October 21st	
2	Oral health awareness: the burden of oral cancer in Nigeria: Dr Mercy Okoh		October 26th	
3	Dentist practice dentistry: Dr Gbenga Arogunre		November 6th	
4	Social impact of halitosis (mouth odour): Prof Clement Azodo		November 14th	
5	Strategies in the Prevention of early childhood Epidemic: Dr Osarugue Lydia Ota		November 20th	
6	Tackling cleft lip and palate in rural communities: Dr Tuoyo Ebiyon		November 29th	
7	Your diet and your oral health: Dr Magdalene Irozuru		December 5th	
8	Good oral health: Dr Stanley Ehiarimwian		December 11 th	

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E	NATIONAL DENTAL ESSAY COMPETITION IN SECONDARY SCHOOLS IN 37 STATES	Raise Dental Awareness in Secondary schools	October 15 th – Nov 15 th 2023	400 Essays submitted.
F	ADDITION OF FLUORIDATION AS PART OF IMMUNISATION	Raise Dental Awareness Improve infant and toddler's oral health	Ongoing	Social Media

Partners

1) Nigerian Dental Association



2) Pink Tree Foundation



3) Colgate



4) Special Care Dentistry Association



5) National Association of Persons living
with Disability



6) MWAN states



if you want to partner with us

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Happy New Year 2024



**MEDICAL WOMEN'S ASSOCIATION OF NIGERIA
(MWAN)
DENTAL AND ORAL HEALTH COMMITTEE**



**Dr Adesuwa Urhoghhide-Edigin
Chairman MWAN National Dental and Oral health Committee.**

**Dr Lilian Adumah
Coordinator Osun state**

**Dr Chioma Love Nzomiwu
Coordinator Cross River**

**Dr Chidinma Ogonnaya
Coordinator Imo State**

**Dr. Tabitha Jauro
Coordinator Adamawa state**

**Dr Sa'adatu Garba Ibrahim
Coordinator Borno State**

**Dr Oluwafunmilayo Adeyemi
Coordinator Oyo State**

**Dr Ugorchi chioma
Coordinator Abuja**

**Dr Salamatu Silvia Akor
Coordinator Kaduna state**

**Dr Martina Mejabi
Coordinator Nassarawa state**

**Dr Magdalene Irozuru
Coordinator Plateau state**

**Dr Julianah Inotu
Coordinator Ogun state**

**Dr Evi Itimi
Coordinator Delta state**

**Dr Udegbe Ngozi Blessing
Coordinator Anambra state**

**Dr Ornguga Ohiozoje
Coordinator Benue State**

**Dr Nwigwe Obiamaka
Coordinator Ebonyi state**

**Dr Suweiba Labbo Jedadi
Coordinator Kebbi state**

**Dr Josephine Atat
Coordinator Akwaibom state**

**Dr Lillian Enone
Coordinator Lagos state**

**Prof Elfleda Aikins
Coordinator Rivers state**

**Dr Hanifa Hashimu
Co-ordinator Gombe state**

**Dr Akinwande Folashade
Coordinator Ondo State**

**Dr Olubukola Ojo
Coordinator Ekiti state**

**Dr Sa'adatu Sarauta
Kano state**

**Dr Moninuola Ernest
Coordinator kwara state**

**Prof Mercy Okoh
Coordinator Scientific
sub committee**

**Dr Elohor Okunghae
Coordinator Publicity
subcommittee**

**Dr Buchi Anago
Secretariat**

DENTAL HYGIENE TIPS



- **Brush twice daily, once in the morning and once at night**
- **Brush with fluoride rich toothpaste**
- **Change your toothbrush every 3 months or when bristles start to look worn out**
- **Use a soft or medium bristled toothbrush**
- **Spit out after brushing and do not rinse with water**
- **Brushing harder does not clean better**
- **Brush with the right brushing technique and brush for 2 minutes.**
- **Visit your Dentist twice a year**
- **Eat Balanced diet to have healthy gums and teeth**
- **Reduce consumption of sweets and sugary foods**
- **Use floss instead of toothpick and floss after every meal**
- **Do not smoke or use tobacco**
- **Use mouthwash**



ALL GLORY BELONGS TO GOD