

27 March, 2017

C. No. 140/Resume No. 46/ 2016-17

To : Members of the Committee

All Members

Re : Proceedings of the Session on Healthcare Awareness

Dear Sir,

MCCI-MLF organized a Session on Healthcare Awareness on 23 March, 2017 at the Chamber.

Brief proceedings of the Session is enclosed for your kind perusal.

Thanking you,

Yours faithfully,

Haimanti Banerjee
(Assistant Secretary, MCCI)

Encl: Attached Below

**Brief Proceedings of the Session on Healthcare Awareness, 2017 at the
Conference Hall of Merchants' Chamber of Commerce & Industry (MCCI),
Kolkata.**

MCCI - MCCI Ladies Forum (MLF) organised a Session on **Healthcare Awareness** on Thursday, **23 March, 2017** at the Chamber premises. **Dr. Moon Chattaraj**, Consultant-Dental Surgery and HOD, Dental Department of AMRI Hospitals, **Dr. Anushree Agrawal**, Consultant Orthodontist and **Dr. Amish Shah**, Consultant, Dental Surgeon and Implantologist at AMRI Hospitals addressed on **Oral Health Awareness**. **Dr. Somdutt Prasad**, MS (Cal), FRCS (Edin), FRCOphth (Lond), FACS (USA), CCST (UK), Eye Surgeon, AMRI Hospitals addressed on **The Magical World of Retina**.

Speaking on the occasion, **Dr. Moon Chattaraj** informed:

- Root Canal Treatments (RCT) are now painless, done without medication and need just 10 minutes for one tooth if done with hard tissue laser. Cost would be Rs. 8000 per tooth.
- AMRI Hospitals has the highest number of implant cases in India.
- Implants are done within 3 hours and a patient takes 3 months for restoration. EMI facilities are also available.
- Cost of implants depends on materials used and could range between Rs.40,000- Rs. 1 lakh.
- The team at dental department of AMRI Hospitals, Kolkata has 51 dentists, specialized in different fields. They have a separate special dental treatment room for kids.
- Proper oral care can help avoid several health issues like heart diseases, atherosclerosis, halitosis, periodontal disease, diabetes and respiratory problems.
- Brushing teeth twice a day (after breakfast and before sleep), regular flossing, and scaling of teeth once a year are important for maintaining clean teeth and oral hygiene.
- AMRI's dental department offers cutting edge dental process, hygienic environment and state-of-the-art facilities.

Dr. Anushree Agrawal, in her presentation, spoke of different kinds of braces with specific mention of lingual braces which are invisible ones and help in correcting smiles without the braces being noticed. Invisible aligners are also

available for smile correction. She also informed that brushing techniques need to be correct and mentioned the availability of automated toothbrush for the same.

Dr. Amish Shah informed the members that dental implants are used to replace lost teeth, restore function, improve aesthetics and increase length of life. During a single bite, pressure exerted by the teeth is 540 pounds/square inch. Again for loose teeth, it becomes 50 pounds/square inch and for dentures it is around 25-37 pounds/ square inch. Patients with dentures get worse in terms of their health. An international study of 8130 Centerpulse dental implants showed a 5-year success rate of 99%. Implant is a better choice than a traditional bridge because the latter needs replacement after 7-10 years and also damages the border teeth.

Dr. Somdutt Prasad, in his presentation highlighted the following:

- The impact of diabetes on the eye, especially the retina, is bad.
- India has maximum number of patients with diabetic retina. So with “bad disease, big numbers and bad companions like smoking”, the problem of the retina increases.
- In England and Wales, after carrying out national screening process for over 20 years, research shows there is no more blindness due to diabetic retinopathy among the working age populations in these regions.
- Diabetic patients should go through annual screening of their retina.
- Sudden loss of vision, visualization of cobwebs and flashes are early signs for retinal problems.
- Most ophthalmologists are concerned about the lenses in case of cataract patients but not the accompanied health problems.

Smt. Seema Agarwal, Chairperson, MCCI Ladies Forum in her welcome address mentioned the need for prevention rather than cure and enquired about the practices which can help in sustaining better oral health and good vision.

The Session ends with a hearty Vote of Thanks from **Smt. Prapti Jhajharia**, Co-Chairperson, MCCI Ladies Forum.

---- Haimanti Banerjee
Asst Secretary, MCCI