



Department of Medical Education
Himalayan Institute of Medical Sciences
Swami Rama Himalayan University
Swami Ram Nagar, P.O. Jolly Grant, Dehradun- 248016



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HIMS/DME/2026/068

Date: 07.05.2026

CME

Date : 09.05.2026

Day : Saturday

Time: 08:30 AM – 09:30 AM

Venue: Adi-Kailash Auditorium
(Near - Emergency Building)

First 10-minute Topic: "The role of biochemistry in diabetes management: opportunities for intervention"

Presenter: Dr. Kiran, Assistant Professor, Dept of Biochemistry

Topic: "Oral hygiene and systemic health"

Presenter: Dr. Abhishek Kandwal, Professor & Head, Dental Surgery

Abstract:

Oral hygiene is an essential component of overall systemic health and well-being. Poor oral hygiene leads to the accumulation of dental plaque and harmful microorganisms, resulting in dental caries, gingivitis, and periodontal disease. Increasing evidence suggests a strong association between oral diseases and systemic conditions such as cardiovascular diseases, diabetes mellitus, respiratory infections, and adverse pregnancy outcomes. Chronic oral inflammation and the spread of oral bacteria into the bloodstream may contribute to systemic inflammatory responses and disease progression. In medically compromised and cancer patients, maintaining good oral hygiene is particularly important to reduce the risk of infections, oral mucositis, pain, and nutritional difficulties during treatment. Preventive oral care practices, including regular brushing, flossing, professional dental check-ups, and patient education, play a significant role in reducing disease burden and improving quality of life. This topic and its clinical implications will be discussed to enhance awareness and interdisciplinary understanding among healthcare professionals.

All Faculty & Post Graduate Residents are required to attend the CME.

Department: Dentistry

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