

# Special Interest Group

On

# Diabetes and Oral Care

An Initiative  
of

**Research Division**

JSS AHER, Mysuru-15.



**Team Lead**

**Dr. Anitha Subbappa**

**Reader**

Department of Periodontology  
JSS Dental College and Hospital  
JSS AHER, Mysuru.

**Started on 2019-20**

**JSS Academy of Higher Education & Research**

(Deemed to be University)  
Accredited "A+" Grade by NAAC



REG/ACA/SIG/DOC/458/2020-21 / 4636

Date: 26.09.2020

**NOTIFICATION**

**Sub: Constitution of Special Interest Group in "Diabetes and Oral Care".**  
**Ref: Your request letter No DCH/ACG/55/2020-21/591 dated 04.09.2020.**

**Special Interest Group (SIG) – "Diabetes and Oral Care"**

In exercise of powers conferred under Section 50 (xxii) and 12 [xi (a)] of the MoA/Rules of JSS Academy of Higher Education & Research as per UGC Regulations 2016, the Special Interest Group (SIG) in the area of "Diabetes and Oral Care" has been constituted for focusing on basic and applied research in the mentioned area with the following members:

Sl.No.	Name of the member	Remarks
1	<b>Dr. Ravindra S</b> The Principal JSS Dental College & Hospital.	Advisor
2	<b>Dr. Anitha Subbappa</b> Reader, Dept. of Periodontology JSS Dental College & Hospital	Group Leader
3	<b>Dr. Sheela Kumar G</b> Professor & Head, Dept. of Periodontology JSS Dental College & Hospital.	Coordinator
4	<b>Dr. Prasanna Kumar H R</b> Associate Professor, Dept. of General Medicine JSS Medical College.	Coordinator
5	<b>Dr. Tejashree A</b> Professor & Head, Dept. of Microbiology JSS Medical College.	Member
6	<b>Dr. Suneeth Shetty</b> Assistant Professor, Dept. of Conservative Dentistry & Endodontics JSS Dental College & Hospital.	Member
7	<b>Dr. Vidyavahthi B Chitharagi</b> Assistant Professor, Dept. of Microbiology JSS Medical College.	Member
8	<b>Dr. Shwetha N K</b> Assistant Professor, Dept. of Biochemistry JSS Medical College	Member
9	<b>Dr. Vikas Jain</b> Assistant Professor, Dept. of Pharmaceutics JSS College of Pharmacy, Mysuru	Member
10	<b>Dr. Sunil Kumar D</b> Associate Professor, Dept. of Community Medicine JSS Medical College.	Member

The SIG "Diabetes and Oral Care" shall function for a period of three years from the date of Notification.

The SIG shall submit their report once in six months to the JSS AHER. The budget for the functioning shall be submitted by the Group leader of the SIG and approval shall be obtained from the JSS AHER for carrying out their various activities.

  
**REGISTRAR**

To,

All the above members,

Copy to:

1. The Vice Chancellor, JSS AHER.
2. The Controller of Examinations, JSS AHER.
3. The Director (Academics), JSS AHER.
4. The Director (Research), JSS AHER.
5. The Dy. Registrar (Senior Grade), JSS AHER.
6. The Dy. Director (Academics), JSS AHER.
7. The Dy. Director (Authorities), JSS AHER.
8. The Associate Director (Research), JSS AHER.
9. The IQAC Coordinator, JSS AHER.
10. The Asst. Director (Academics), JSS AHER.
11. The Asst. Director (Research), JSS AHER.
12. The Principal, JSS Medical College.
13. The Principal, JSS Dental College & Hospital.
14. The Principal, JSS College of Pharmacy, Mysuru.
15. The Principal, JSS College of Pharmacy, Ooty.
16. The Head, Dept. of Water & Health (FLS), JSS AHER.
17. The Coordinator, Dept. of Health System Management Studies, JSS AHER.
18. The Coordinator, Dept. of Nutrition & Dietetics, JSS AHER.
19. Office Copy

### **Guidelines for the formation of Special Interest Groups:**

**Objective:** To promote research in specific area by a group of individuals working in the constituent colleges of the JSS AHER, who are desirous of promoting research in a specific area through

- Continuous dialogue
- Conducting Group meetings
- Submitting research projects
- Development of new ideas in research in the identified area and translating the same into research proposals to external funding agencies and research publications in indexed journals.
- Translating research findings into the clinical applications
- Organizing seminars related to objectives of the Group.

The SIG should categorize their objectives as short term and long-term objectives and while submitting the progress reports, highlight their achievements under the same.

**Structure:** The SIG shall consist of 5-7 members with a group leader. They shall meet periodically and submit the report annually of the group activities and achievements.

The Special Interest Group shall function for a period of 3 years from the date of notification, which can be extended further, based on the outcomes and reviewed by the Board of Management of the JSSAHER.

**Budget:** The budget required for functioning of the SIG shall be allocated from Research and Development fund of the JSS AHER based on the budget prepared and submitted by them annually.

**The budget shall be provided for following aspects.**

- Meeting expenses of the Group.
- Short travels within India for the purpose of group objectives.
- Secretarial assistance as required by the Group.
- Preparation of research project proposals/reports.

The JSS AHER shall provide in its budget for the expenditure proposed by the Special Interest Groups and make the funds available to the respective group.

**Evaluation of outcomes:** The JSS AHER shall evaluate the SIG periodically in respect to their group objective examining the follows.

- Progress in the proposed research projects.
- Publication of research findings in periodicals and presentations.
- Reports.

**Name of the SIG:** Diabetes and oral care

**Approval Reference:** REG/ACA/SIG/DOC/458/2020-21/4636

**Name of the Team Leader:** Dr. Anitha Subbappa

### Members

Sl. No.	PI	Role
1.	<b>Dr. Anitha Subbappa</b> Reader, Dept. of Periodontology JSS Dental College and Hospital, Mysuru	<b>Group Leader</b>
2.	<b>Dr Ravindra S</b> Principal JSS Dental College and Hospital, Mysuru	<b>Co-ordinator</b>
3.	<b>Dr. Sheela Kumar</b> Professor, Dept. of Periodontology JSS Dental College and Hospital, Mysuru	<b>Co-ordinator</b>
4.	<b>Dr. Prasanna Kumar HR</b> Associate Professor, Dept. of General Medicine JSS Medical College, Mysuru	<b>Member</b>
5.	<b>Dr. Tejashree A</b> Professor and HOD, Dept. of Microbiology JSS Medical College, Mysuru	<b>Member</b>
6.	<b>Dr. Suneeth Shetty</b> Lecturer, Dept. of Conservative Dentistry and Endodontics JSS Dental College and Hospital, Mysuru	<b>Member</b>

7.	<p><b>Dr. Vidyavahthi B Chitharagi</b> Assistant Professor, Dept. of Microbiology JSS Medical College, Mysuru</p>	Member
8.	<p><b>Dr. Swetha NK</b> Assistant Professor, Dept. of Biochemistry JSS Medical College, Mysuru</p>	Member
9.	<p><b>Dr. Vikas Jain</b> Assistant Professor, Dept. of Pharmaceutics JSS College of Pharmacy, Mysuru</p>	Member
10.	<p><b>Dr. Sunil Kumar D</b> Associate Professor, Dept. of Community Medicine JSS Medical College, Mysuru</p>	Member
11.	<p><b>Dr. Maurya</b> Lecturer, Dept. of Community Dentistry JSS Dental College and Hospital, Mysuru</p>	Member

## Objectives:

### Primary Objectives

- To Educate patients, students & health professionals regarding oral systemic link of diabetes & its implication.
- To enhance the Skills for patient doctor relationship.

### Secondary Objectives

- To carry out researches to improve the treatment, prevent & develop diagnostic techniques for early diagnosis.

## Activities Conducted

### Workshops/Seminars

- Workshop on “A glimpse on soft tissue laser” was conducted on 16th November 2022.
  - The Dental students were given an insight on the uses of lasers in routine dental practice and also on its application in diabetic patients.



- Meditation and wellness workshop was conducted on 21st November 2022
  - A patient dental education programme was conducted as part of diabetes day celebrations was conducted. A meditation and wellness workshop was conducted as part of the programme.
  - A dental education programme was given on stress and periodontitis by Dr. Anitha., Smt. Jagadeeshwari Sudhir a senior Yoga Pranavidya trainer conducted a meditation and wellness workshop.



**JSS ACADEMY OF HIGHER EDUCATION & RESEARCH**  
(Deemed to be University) Accredited 'A+' Grade by NAAC

**JSS DENTAL COLLEGE & HOSPITAL**  
(ISO 9001:2015 Certified Institution, Recognized by Dental Council of India)

His Holiness Jagadiguru Sri Shivanathri Deshikendra Mahaswamiji  
Jagadiguru Sri Venkateswara Mahanarayana Math, Sri Suttur Math

**Special Interest Group – Diabetes & Oral Care**

Presents

## Patient Dental Education Program

**21<sup>st</sup> November 2022**  
Venue : Seminar room, Department of Periodontology  
(Room No. 9, JSSDC&H)

Co-sponsored by



**IPCA**  
International Periodontics Congress Association

**A+** **14<sup>th</sup>**





- Workshops to train the healthcare professionals, students to enhance oral hygiene care & treatment was held on 23-24 November 2022
  - A Lectures on diabetes and its oral connection was given followed by a hands on workshop on use of oral hygiene aids. This will help the nurses to implement on themselves and the patients as well.



## National Webinars

- Killing the killer, diabetes: A kalaeidoscope, Webinar series; 26-29 June 2021
  - A 4 day webinar series was organised on the different aspects of diabetes and oral care from 26-29 June 2021. Speakers National and International gave extensive lectures on the topics.
  - KSDC had awarded 10 points for the webinar series. Over 800 registrations were received.



- Psychiatric elements of diabetes; 19 August 2021
  - Webinar on psychiatric elements of diabetes was conducted on 19th August 2021. Over 100 registrations were done for this topic. It was done in collaborations with TMS India.

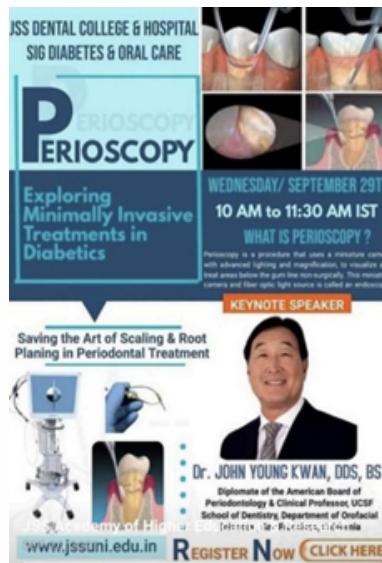


## International Webinars

- Endo-perio lesions, Enigma Revisited: An Indo Malaysian perspective; 6 April 2022
  - This International Webinar was conducted in collaboration with SEGi University. Over 500 registrations were done from India, Malaysia and Nepal.



- Perioscopy; 29 September 2021
  - This International Webinar was conducted in collaboration with SEGi University. Over 500 registrations were done from India.



## Guest Lectures delivered/ Faculty involvement

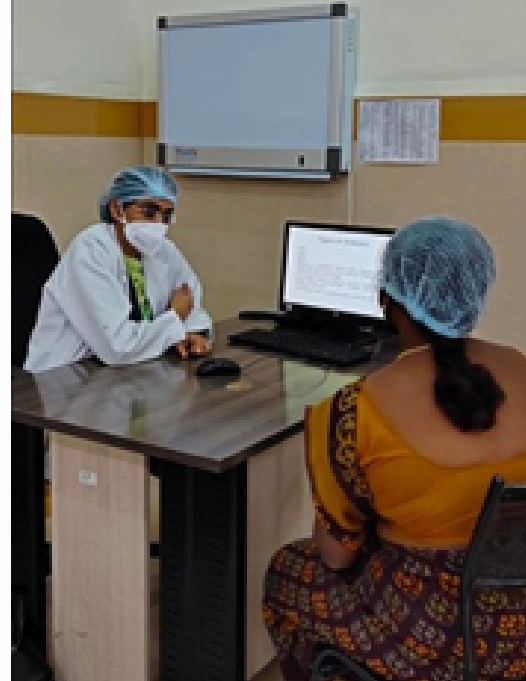


- Dr Sunil Kumar D presented at the National webinar series on 27th June 2021 on the topic “Epidemiology of Diabetes”
- Dr Suneeth Shetty presented at the National webinar series on 27th June 2021 on the topic “Epidemiology of Diabetes and Oral Aspects”
- Dr Sheela Kumar Gujjari presented at the National webinar series on 28th June 2021 on the topic “Periodontal Management of Oral Diabetes”
- Dr Anitha Subbappa presented at the WDC International Conference 2021 on the topic “Diabetes Connection periodontal tissues- Essentiality of Diagnosis and Treatment”
- Dr Anitha Subbappa presented at the Diabetes Conclave 2021 on the topic “ Quintessential Association Established: Diabetes and Oral diseases”
- Dr Anitha Subbappa presented at the International Conference on Health and Medicine 2021 on the topic “Type 2 Diabetes and Oral diseases; A HOOK UP: A myth or a reality?”

## Awareness Programs

Oral cavity has myriad changes in diabetes. Radio talks, camps, Patient education programs have been conducted.





- Radiotalk on Diabetes and Oral care was given by Dr Anitha Subbappa on 13th November 2021 as part of Diabetes day celebration.
- A newspaper article on Oral Hygiene and Diabetes was written by Dr Anitha Subbappa and Dr Suneeth Shetty for Star of Mysore newspaper.
- Patient education camp was conducted on 21st November 2023.
- Diabetic Patient Camp was conducted in the Department of Periodontology on 21st November 2022

- Oral Hygiene Camp for Diabetic patients was conducted in the Dental wing of JSS Hospital on 5th August 2021.
- Free toothpaste and toothbrush samples were distributed during the camps.

## Collaborations

Memorandum of understanding (MOU) with Curaden India Pvt., Bangalore.

Patient education camps and skill training workshops were conducted in collaboration with the same.



## Projects

### Ongoing/Completed Projects:

- Ongoing: Knowledge, attitudes and practices on oral health status in diabetic patients.
- Completed: An vitro comparative evaluation of antimicrobial efficacy and CHX and combination with gold nano particle against dental caries.

## Achievements

### Publications

- Effect of Morinda citrifolia L. Mouthwash on Periodontal Health in Type 2 Diabetes Mellitus Patients – A Randomized Controlled Trial. IJNPND, February, 24, 2022
- Assessment of Wound Healing using MMP-8 levels in GCF of Diabetes with chronic periodontitis after diode laser assisted flap surgery – Acta Inform Med, 2023, 31(3): 211-215
- Evaluation of oral health knowledge among Type II Diabetes Mellitus patients and the effect of phase I periodontal therapy on glycemic status of the individuals – Acta Scientific Dental Sciences, 2021, April, Volume 5, Issue 4
- Evaluation of grape seed formulation as an adjunct to scaling and root planning on oxidative stress, inflammatory status and glycaemic control in type- 2 diabetic patients with chronic periodontitis: A Randomized Controlled Trial – Journal of Clinical and Diagnostic Research, April, 2021, Volume 15(4), ZC20- ZC25

### Awards and Recognition





### CERTIFICATE OF ACHIEVEMENT



### CERTIFICATE OF ACHIEVEMENT



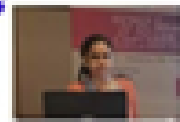
### CERTIFICATE OF ACHIEVEMENT



Congratulations to Dr Shipra Rai for Securing First Prize in the National Level Postgraduate E-Paper Competition (Category: Case Report) organized by the Special Interest Group : Diabetes & Oral Care, JSSDCH, Mysuru conducted on 23rd-24th August 2021. She was guided by Dr Anitha Subbappa, Group Leader, SIG Diabetes & Oral Care & Reader, Dept. of Periodontology, JSS DCH, Mysuru



### PDT: A Ray Of Hope In Diabetics



- IDA Certificate of achievement: Dr Ankita Chhabrani 3rd position poster presentation
- IDA Certificate of achievement: Dr Pratima Chaurasia 3rd position poster presentation
- IDA Certificate of achievement: Dr Radhika Muralidharan 3rd position poster presentation
- IDA Certificate of achievement: Dr Swathi Vathsa 3rd position poster presentation
- IDA Certificate of achievement: Dr Ankita Chhabrani 3rd position slogan crafting

- SIG; Diabetes and oral care: Dr Shipra Rai 1st position National level postgraduate E paper competition

## **Future Plans**

### **Upcoming Events**

1. Development of patient data app for follow up of patients
2. Knowledge, attitudes and practices on oral health status in diabetic patients
3. International webinar to educate the health professionals on the current management of diabetic patients

### **Long-Term Goals:**

1. To develop a diagnostic aid for early detection of periodontal disease in diabetic patients
2. To monitor the patients
3. To conduct research on aspects of diabetes and oral care

## **Conclusion**

The SIG aims to focus on research, awareness and comprehensive oral care for patients.