

Press Release

Dental Caries is a serious public health problem in developed as well as developing nations and has been found to be very high in paediatric population in our country to the extent of 40-50 percent. This is because of several reasons, the most important being lack of awareness and education and poor access to appropriate dental facilities. Poor brushing habits, faulty dietary habits and lack of the knowledge about the timely professional care worsen the situation from mild to severe one.

In this era of digital revolution, mobile apps have found their utility in multiple aspects of managing peoples' own health and wellness, promote healthy living and gain access to useful information wherever and when they need it. The development of a dental health education app for children can prove to be extremely beneficial in inculcating good oral hygiene habits right from the early childhood and can reduce the burden of dental diseases in the later years.

"Healthy Smile" -an android based bi-lingual app (Hindi and English) is AIIMS-CDER initiative undertaken by Dr Kalpana Bansal Additional Professor and colleagues from Dept of Pediatric and Preventive Dentistry through the AIIMS intramural research grant, to spread the awareness about maintaining the oral hygiene of children right from the infancy and also motivate them to brush thoroughly twice a day. It also gives information on how we can keep the dental decay under control by simple home care measures.

It has a musical 2-minute brushing timer with child-friendly colourful panel, motivational songs, preventive dental care tips for all age groups of children, brushing demonstration videos, FAQ's and oral care tips during pregnancy.

Healthy smile first version is available on the google play store and can be downloaded easily if one wants to keep oneself motivated for good oral health.

Prof Randeep Guleria, Director AIIMS formally launched this mobile app on 13th October at 330 PM in Dr Ramlingaswamy Board Room in the presence of Dr Subroto Sinha, Dean Research and Dr Ritu Duggal, Chief CDER, AIIMS.

(Dr Kalpana Bansal)