



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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ORAL HEALTH AND LOW BIRTH WEIGHT/ PRETERM DELIVERY AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE

Date: 03rd June 2026

Venue: MGM Medical Hospital, Kamothe, Navi Mumbai

Faculty: Dr. Sujata Hirave, Dr. Aishwarya Patil

Organizing Agency: Department of Public Health Dentistry; MGMDCH, NSS Unit of MGMDCH; Department of Preventive and Social Medicine, MGM Medical Hospital, Kamothe, Navi Mumbai

Number of students attended: 3

Introduction:

Pregnancy is a critical period during which the health of the mother has a profound influence on the growth, development, and survival of the fetus. Maternal health encompasses not only systemic well-being but also oral health, which is increasingly recognized as an important component of comprehensive antenatal care. During pregnancy, hormonal changes, particularly increased levels of estrogen and progesterone, make the gingival tissues more susceptible to inflammation and bleeding. Combined with changes in dietary habits, frequent snacking, morning sickness, vomiting, and inadequate oral hygiene, these physiological changes increase the risk of pregnancy gingivitis, periodontal disease, dental caries, and other oral infections.

Low birth weight (less than 2,500 grams) and preterm birth (delivery before 37 completed weeks of gestation) are among the leading causes of neonatal illness and mortality worldwide. These conditions are associated with numerous short-term and long-term health complications, including respiratory distress, developmental delays, impaired growth, and increased susceptibility to infections. Several maternal risk factors, such as poor nutrition, tobacco use, systemic diseases, inadequate antenatal care, and infections, contribute to these adverse pregnancy outcomes.. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the patients at ANC Camp at MGM Medical Hospital, Kamothe with the intention of creating awareness about oral health and low birth weight/ preterm delivery

Aim and objective:

1. To educate people about the connection between oral health and low birth weight/ preterm delivery
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

Method:

Patients were educated about the link between oral hygiene and gut health. Awareness was created using the following strategies:

- Educational talks on oral-gut microbiome connection
- Demonstration of proper oral hygiene practices.
- Discussion on healthy diet (probiotics, fiber-rich foods)
 - Distribution of educational pamphlets
 - Interactive sessions and Q&A

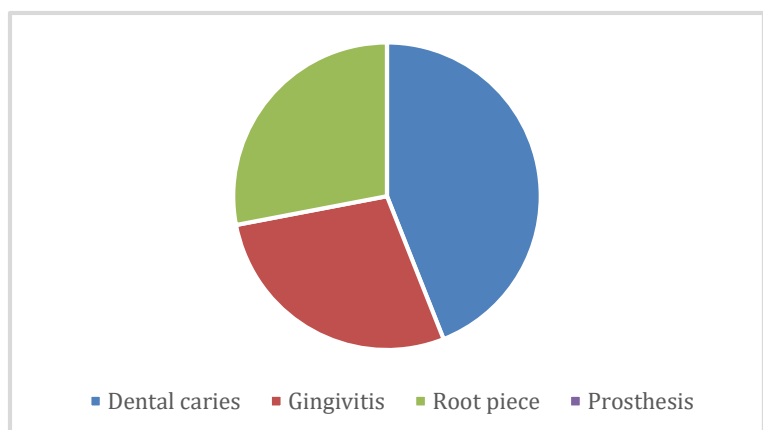
After the awareness program, type III oral examination was conducted using mouth mirror and probe for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were explained.

Observations:

1. Many patients were unaware of the connection between gut and oral health prior to the session.
2. Increased awareness was observed regarding the role of diet, probiotics, and oral hygiene in maintaining overall health.
3. A total of 18 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral Health Status

Condition	No. of individuals	Percentage %
Dental caries	8	44
Gingivitis	5	28
Root piece	5	28
Prosthesis	0	0



Interpretation and conclusion:

Among the 28 individuals examined Dental caries (44%) is highly prevalent, indicating widespread tooth decay. Gingivitis (28%) shows moderate gum health issues among the population. Root pieces (28%) suggest untreated or neglected dental conditions reflecting limited use of restorative treatment. Maintaining good oral health during pregnancy is an important aspect of comprehensive maternal healthcare. Although the exact nature of the relationship between periodontal disease and adverse pregnancy outcomes such as preterm birth and low birth weight continues to be investigated, existing evidence supports the importance of preventing and treating oral diseases during pregnancy. Good oral hygiene, regular dental check-ups, professional preventive care, and prompt management of dental infections help improve the mother's oral health, reduce pain and discomfort, and enhance her overall quality of life.

Oral health education should be incorporated into routine antenatal care to increase awareness about the importance of maintaining healthy teeth and gums throughout pregnancy. Pregnant women should be encouraged to adopt healthy dietary habits, practice effective oral hygiene, attend regular dental visits, and seek early treatment for any oral problems. Dispelling misconceptions regarding the safety of dental treatment during pregnancy is equally important to ensure timely utilization of dental services.



INVESTIGATION BEING DONE BY
THE TEAM MEMBER



SCALING DONE BY THE DENTAL
TEAM AT ANC CAMP

List of Attendees

Sr. No.	Name of Staff
1.	Dr. Sujata Hirave
2.	Dr. Aishwarya Patil
Name of Interns and students	
3.	Siddhi Parekh
4.	Karishma Rathod
5.	Parth Vichare