



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
E-Mail ID: mgmdch@mgmmumbai.ac.in



PREVENTIVE DENTAL CARE STRATEGIES FOR PREGNANT WOMEN AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE

Date: 05th 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 phase in a woman's life, characterized by profound physiological, hormonal, and psychological changes that influence both general and oral health. Elevated levels of estrogen and progesterone increase the vascularity and inflammatory response of the gingival tissues, making pregnant women more susceptible to pregnancy gingivitis, periodontal disease, and pregnancy tumors (pyogenic granulomas). In addition, factors such as morning sickness, frequent vomiting, altered dietary habits, increased consumption of sugary snacks, cravings, reduced salivary pH, and inadequate oral hygiene practices can increase the risk of dental caries, enamel erosion, and oral infections.

Maintaining good oral health during pregnancy is essential not only for the mother's comfort and well-being but also for the overall health of the developing fetus. Poor oral health can lead to pain, infection, difficulty in eating, and reduced quality of life. Some research has also suggested associations between untreated periodontal disease and adverse pregnancy outcomes such as preterm birth and low birth weight, although evidence for a direct causal relationship continues to be studied. Therefore, maintaining optimal oral health remains an important component of comprehensive antenatal care.. 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 connection between gut health and oral health.

Aim and objective:

1. To educate people about the connection between gut health and oral health.
2. To assess the oral health status of patients.
3. To promote healthy dietary and lifestyle habits for maintaining gut and oral microbiome balance.
4. 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

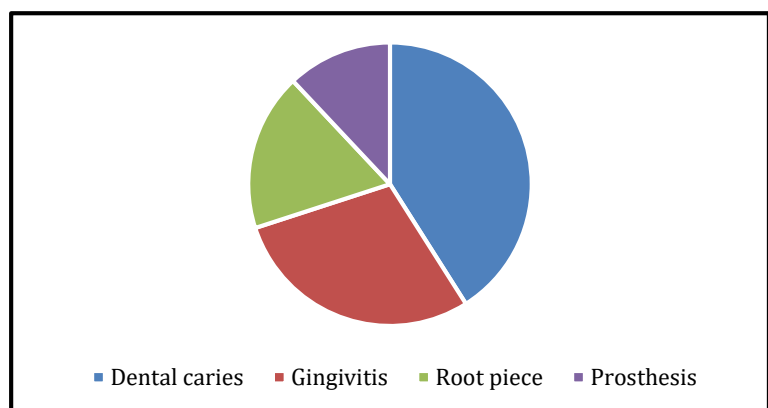
After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were 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 17 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	7	41
Gingivitis	5	29
Root piece	3	18
Prosthesis	2	12



Interpretation and conclusion:

Among the 28 individuals examined Dental caries (41%) is highly prevalent, indicating widespread tooth decay. Gingivitis (29%) shows moderate gum health issues among the population. Root pieces (18%) suggest untreated or neglected dental conditions. Prosthesis (12%) is very low, reflecting limited use of restorative treatment. Preventive dental care is an essential component of maternal healthcare and should be incorporated into every pregnancy. Good oral hygiene practices, regular dental check-ups, balanced nutrition, fluoride use, professional preventive care, and timely management of dental problems help maintain healthy teeth and gums throughout pregnancy. Early identification and treatment of oral diseases reduce discomfort, prevent complications, and contribute to the overall health and well-being of the mother.

Educating pregnant women about the importance of oral health, correcting misconceptions regarding dental treatment during pregnancy, and encouraging routine dental visits empower them to take an active role in maintaining their health. Preventive measures are simple, safe, cost-effective, and significantly reduce the burden of oral diseases.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Sr. No.	Name of Staff
1.	Dr. Sujata Hirave
2.	Dr. Aishwarya Patil
Name of Interns and students	
3.	Aditi Jain
4.	Thea Gorde
5.	Vanshi Patani