



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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EARLY INTERVENTION TO REDUCE ORAL HEALTH AND PREGNANCY OUTCOMES AT ANC CAMP, MGM MEDICAL COLLEGE & HOSPITAL, KAMOTHE

Date: 08th June 2026

Venue: MGM Medical Hospital, Kamothe, Navi Mumbai

Faculty: Dr. Mausami Malgaonkar, 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 unique physiological condition accompanied by significant hormonal, immunological, and metabolic changes that influence a woman's overall health, including her oral health. Increased levels of estrogen and progesterone during pregnancy can make the gums more susceptible to inflammation, leading to conditions such as pregnancy gingivitis, pregnancy tumors (pyogenic granuloma), and an increased risk of periodontal disease. In addition, nausea, vomiting, dietary changes, frequent snacking, and reduced attention to oral hygiene may increase the risk of dental caries, enamel erosion, and oral infections. Scientific evidence suggests that poor maternal oral health may be associated with adverse pregnancy outcomes such as preterm birth, low birth weight, pre-eclampsia, and gestational diabetes, although the strength of these associations varies across studies. Untreated dental infections can also cause pain, difficulty in eating, poor nutrition, and reduced quality of life, affecting both the mother and the developing fetus.

Early intervention plays a vital role in promoting oral health and ensuring a healthy pregnancy. Ideally, women should undergo a comprehensive dental examination before conception or as early as possible during pregnancy. Preventive measures such as oral health education, professional dental cleaning, dietary counseling, plaque control, fluoride use, and timely treatment of dental diseases help maintain oral health and reduce the risk of complications. Regular antenatal visits provide an excellent opportunity to integrate oral health screening into routine maternal healthcare, enabling early detection and management of oral diseases. 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 early intervention to reduce oral health and pregnancy outcomes.

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

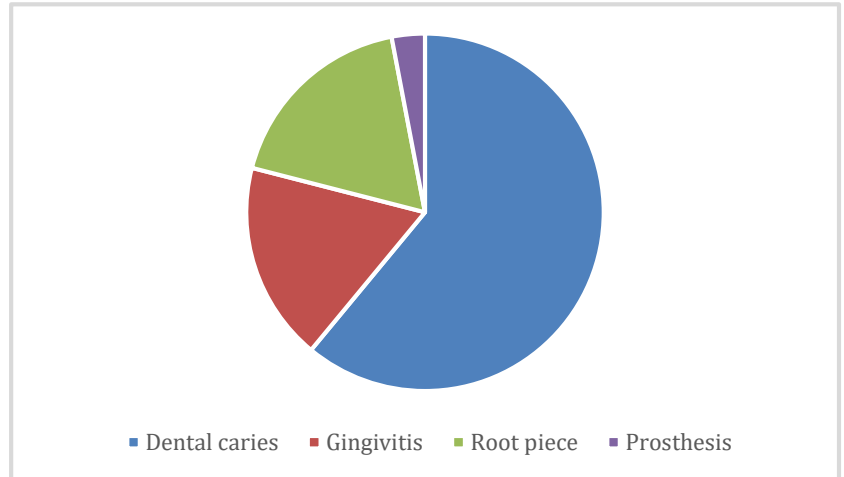
After the awareness program, type III oral examination was conducted using mouth mirror and probe for the patients in proper illumination. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were explained. Creating awareness among pregnant women regarding the importance of oral hygiene, the safety of routine dental treatment during pregnancy, and the need for regular dental check-ups encourages positive health-seeking behavior. A collaborative approach involving dentists, obstetricians, gynecologists, nurses, and primary healthcare workers ensures comprehensive maternal care. Early oral health intervention not only benefits the mother's well-being but also contributes to improved pregnancy outcomes and promotes healthy oral habits that positively influence the future oral health of the child.

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 22 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	11	50
Gingivitis	5	22
Root piece	5	22
Prosthesis	1	6



Interpretation and conclusion:

Among the 22 individuals examined Dental caries (50%) is highly prevalent, indicating widespread tooth decay. Gingivitis (22%) shows moderate gum health issues among the population. Root pieces (22%) suggest untreated or neglected dental conditions. Prosthesis (6%) is very low, reflecting limited use of restorative treatment. Early intervention is a cornerstone of preventive maternal healthcare and plays a significant role in maintaining oral health throughout pregnancy. Timely oral health assessment, preventive counseling, and appropriate dental treatment can effectively prevent or control common oral diseases, reduce discomfort, and improve the overall quality of life of pregnant women. Integrating oral healthcare into routine antenatal services helps identify oral problems at an early stage and ensures prompt management, thereby supporting a healthier pregnancy.

Educating expectant mothers about proper brushing and flossing techniques, balanced nutrition, fluoride use, regular dental visits, and the safety of dental treatment during pregnancy empowers them to make informed decisions regarding their oral health. Collaboration between dental professionals and antenatal healthcare providers strengthens maternal health services and promotes a holistic approach to pregnancy care.



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. Mausami Malgaonkar
2.	Dr. Aishwarya Patil
Name of Interns and students	
3.	Vaishnavi Gonnade
4.	Aditi Jain
5.	Priti Chavan