



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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INTEGRATING ORAL HEALTH IN ANC CHECK-UP AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE

Date: 10th 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:

Antenatal care (ANC) is a comprehensive healthcare service provided to pregnant women to ensure the health and well-being of both the mother and the developing fetus throughout pregnancy. The primary objectives of ANC are to monitor the progress of pregnancy, identify and manage potential health risks, promote healthy behaviors, and prepare women for safe childbirth and parenthood. Traditionally, ANC focuses on nutritional counseling, immunization, screening for systemic diseases, fetal growth monitoring, and health education. However, oral health, despite being an integral component of general health, is often overlooked during routine antenatal care.

Pregnancy is associated with numerous physiological and hormonal changes that significantly affect the oral cavity. Elevated levels of estrogen and progesterone increase the inflammatory response of gingival tissues, making pregnant women more susceptible to pregnancy gingivitis, periodontal disease, and pregnancy tumors (pyogenic granulomas). In addition, morning sickness, frequent vomiting, altered dietary habits, increased carbohydrate intake, frequent snacking, reduced salivary pH, and inadequate oral hygiene practices contribute to dental caries, enamel erosion, and other oral health problems. If left untreated, these conditions can cause pain, infection, difficulty in eating, impaired nutrition, and reduced quality of life. 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 integrating oral health in ANC check-up.

Aim and objective:

1. To educate people about the integrating oral health in ANC check-up and their benefits in maintaining good oral hygiene
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

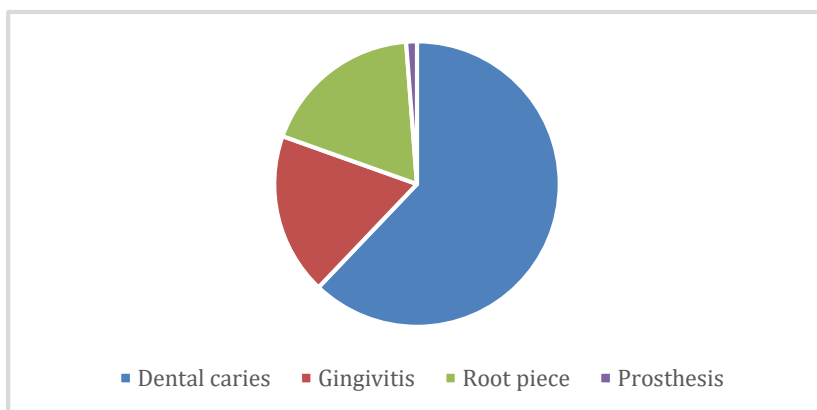
After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were 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 29 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	17	61
Gingivitis	5	18
Root piece	5	18
Prosthesis	2	3



Interpretation and conclusion:

Among the 28 individuals examined Dental caries (61%) is highly prevalent, indicating widespread tooth decay. Gingivitis (18%) shows moderate gum health issues among the population. Root pieces (18%) suggest untreated or neglected dental conditions. Prosthesis (3%) is very low, reflecting limited use of restorative treatment. Integrating oral health into routine antenatal care is an important step toward providing holistic and patient-centered maternal healthcare. Pregnancy offers a valuable opportunity to educate women about the importance of maintaining good oral hygiene and to identify oral diseases at an early stage through routine screening. Preventive measures such as oral health education, regular dental examinations, professional cleaning when indicated, dietary counseling, fluoride use, and prompt management of dental problems help maintain healthy teeth and gums throughout pregnancy.

Including oral health assessments during ANC visits allows healthcare providers to recognize oral conditions early and refer women for appropriate dental care. This integrated approach reduces the burden of preventable oral diseases, improves maternal comfort, and supports overall health during pregnancy. It also helps dispel common misconceptions regarding the safety of dental treatment during pregnancy, encouraging women to seek timely professional care.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Sr. No.	Name of Staff
1.	Dr. Kashmira Kadam
2.	Dr. Aishwarya Patil
Name of Interns and students	
3.	Ayesha Khwaja
4.	Aakansha Patil
5.	Harshita Patil