



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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SAFE MEDICATION AND DENTAL PROCEDURES IN PREGNANCY AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE

Date: 12th 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) provides an important opportunity to promote and maintain the oral and general health of pregnant women. Pregnancy is associated with physiological and hormonal changes that may increase the risk of gingivitis, dental caries, periodontal problems, and other oral health concerns. Appropriate dental care during pregnancy is safe and should not be unnecessarily postponed. During the ANC camp, pregnant women were educated about the importance of maintaining good oral hygiene, seeking timely dental care, and using medications only under professional guidance. The session also focused on the safety of commonly required dental procedures and medications during pregnancy, with emphasis on appropriate timing, dosage, and precautions to ensure the well-being of both the mother and the developing fetus. 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 safe medication and dental procedures in pregnancy.

Aim and objective:

1. To educate people about the safe medication and dental procedures in pregnancy.
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 safe medication and how it effects during pregnancy.
- Demonstration of proper oral hygiene practices.
- Discussion on healthy diet (probiotics, fiber-rich foods)
 - Distribution of educational pamphlets
 - Interactive sessions and Q&A

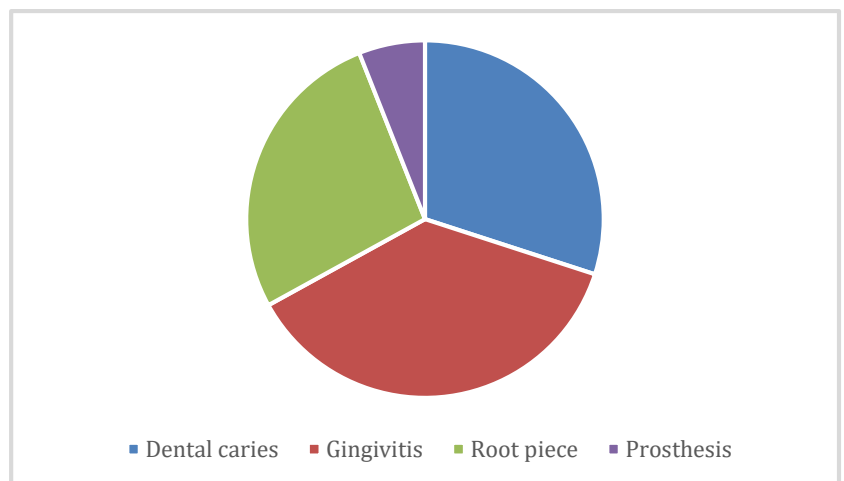
After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were 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 30 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral Health Status

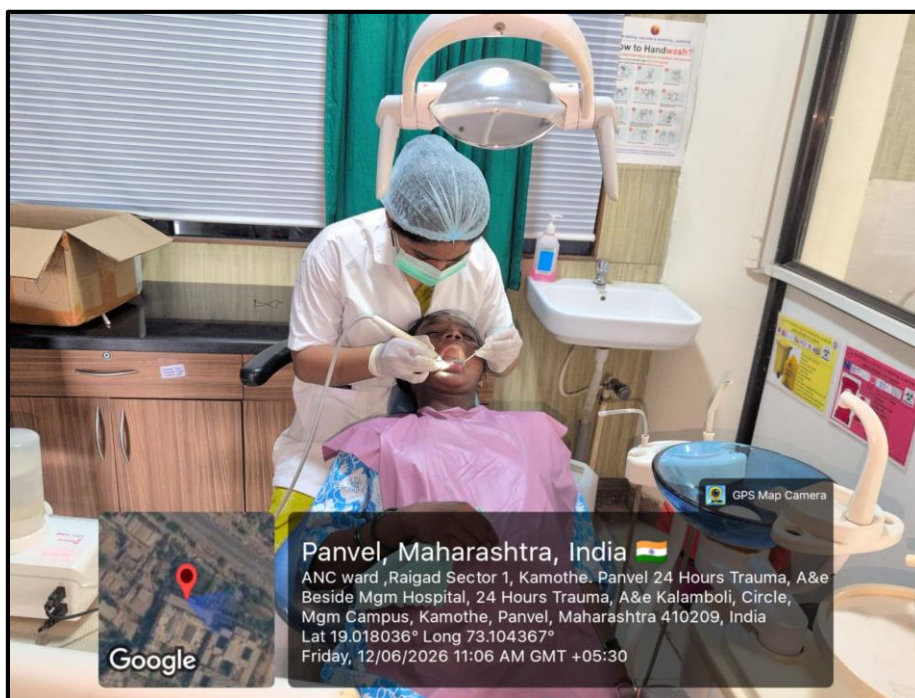
Condition	No. of individuals	Percentage %
Dental caries	9	30
Gingivitis	11	37
Root piece	8	27
Prosthesis	2	6



Interpretation and conclusion:

Among the 30 individuals examined Dental caries (30%) is highly prevalent, indicating widespread tooth decay. Gingivitis (37%) shows moderate gum health issues among the population. Root pieces (27%) suggest untreated or neglected dental conditions. Prosthesis (6%) is very low, reflecting limited use of restorative treatment. The

ANC camp emphasized that maintaining good oral health is an essential component of comprehensive antenatal care. Pregnant women were encouraged to undergo necessary dental examination and treatment when indicated, as untreated dental infections and pain may adversely affect maternal well-being. Most routine preventive and essential dental procedures can be safely performed during pregnancy with appropriate precautions, while medication should be prescribed judiciously and in consultation with the treating healthcare professional. Early identification and management of oral health problems, along with proper oral hygiene practices and regular antenatal follow-up, can contribute to better maternal and oral health outcomes.



SCALING 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.	Maanika Kuriakkotte
4.	Aditi Kadam
5.	Kashish Patil