



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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EFFECT OF HORMONAL CHANGES ON ORAL HEALTH AT ANC CAMP, MGM MEDICAL COLLEGE & HOSPITAL, KAMOTHE

Date: 17th 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 unique physiological condition accompanied by significant hormonal changes, particularly increased levels of estrogen and progesterone. These hormonal fluctuations can influence various body systems, including the oral cavity. During pregnancy, women may experience changes in the gums and oral tissues, making them more susceptible to conditions such as pregnancy gingivitis, gingival enlargement, increased gum bleeding, and other periodontal problems. Changes in dietary habits, oral hygiene practices, and the body's immune response may further contribute to these oral health concerns.

Antenatal Care (ANC) camps provide an important opportunity to assess and improve the overall health of pregnant women, including their oral health. Early identification of oral problems, oral hygiene education, dietary counselling, and appropriate referral can help prevent complications and promote better maternal and oral health. Therefore, understanding the effect of hormonal changes on oral health is essential for providing comprehensive care to pregnant women attending ANC camps. 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 effect of hormonal changes on 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

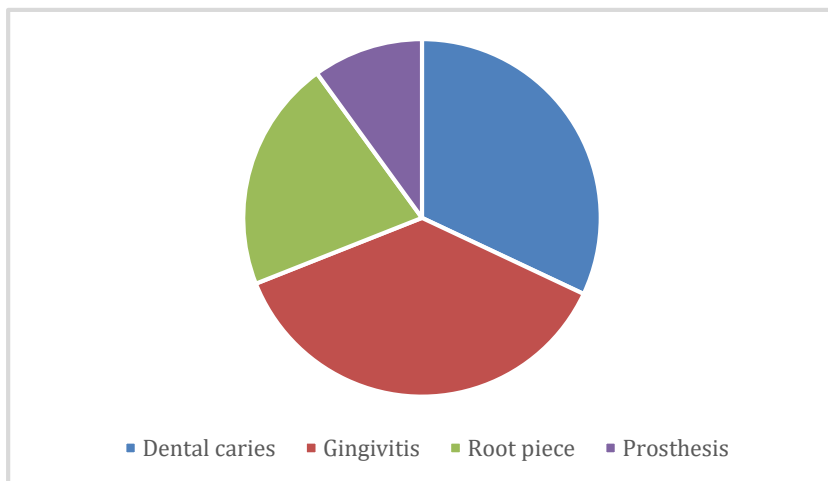
After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were 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 19 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	6	32
Gingivitis	7	37
Root piece	4	21
Prosthesis	2	10



Interpretation and conclusion:

Among the 19 individuals examined Dental caries (32%) is highly prevalent, indicating widespread tooth decay. Gingivitis (37%) shows moderate gum health issues among the population. Root pieces (21%) suggest untreated or neglected dental conditions. Prosthesis (10%) is very low, reflecting limited use of restorative treatment. Lack of awareness regarding the oral–gut health connection was evident among participants. Hormonal changes during pregnancy can have a significant effect on oral health, with pregnant women being more prone to gingival inflammation, bleeding, and other oral problems. These conditions can often be reduced through proper oral hygiene, a balanced diet, regular dental check-ups, and timely treatment. ANC camps offer a valuable platform for creating awareness about the importance of oral health during pregnancy and for identifying oral problems at an early stage. Integrating oral health education and basic dental screening into antenatal care can contribute to healthier pregnancies and improve the overall well-being of both the mother and child.



Oral Screening done by the team at ANC Camp site

List of Attendees

Sr. No.	Name of Staff
1.	Dr. Sujata Hirave
2.	Dr. Aishwarya Patil
Name of Interns and students	
3.	Karishma Rathod
4.	Yukti Patil
5.	Nandini Pillai