



## **MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL**

Accredited by NAAC with "A++" Grade  
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### **IMPORTANCE OF FLUORIDE AND PREVENTIVE CARE IN PREGNANCY AT ANC CAMP, MGM MEDICAL COLLEGE & HOSPITAL, KAMOTHE**

**Date:** 19<sup>th</sup> 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 an important period during which maintaining good oral health is essential for the well-being of both the mother and the developing child. Hormonal changes during pregnancy can increase the risk of gingival inflammation, dental caries, and other oral health problems. Fluoride plays an important role in preventing dental caries by strengthening tooth enamel and helping to prevent demineralization. Appropriate use of fluoride through fluoridated toothpaste and other professionally recommended measures can support good oral health during pregnancy. Preventive oral care is therefore an important component of antenatal care. Regular dental check-ups, proper brushing with fluoride toothpaste, a balanced diet, limiting frequent intake of sugary foods and drinks, and maintaining good oral hygiene can help prevent oral diseases. ANC camps provide an excellent opportunity to educate pregnant women about fluoride, oral hygiene, nutrition, and the importance of seeking timely dental care. Integrating preventive dental care into ANC services can promote better maternal oral health and contribute to overall health during pregnancy. 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 importance of fluoride and preventive care in pregnancy
2. To assess the oral health status of patients.

3. To promote healthy dietary and lifestyle habits for maintaining good oral hygiene.
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

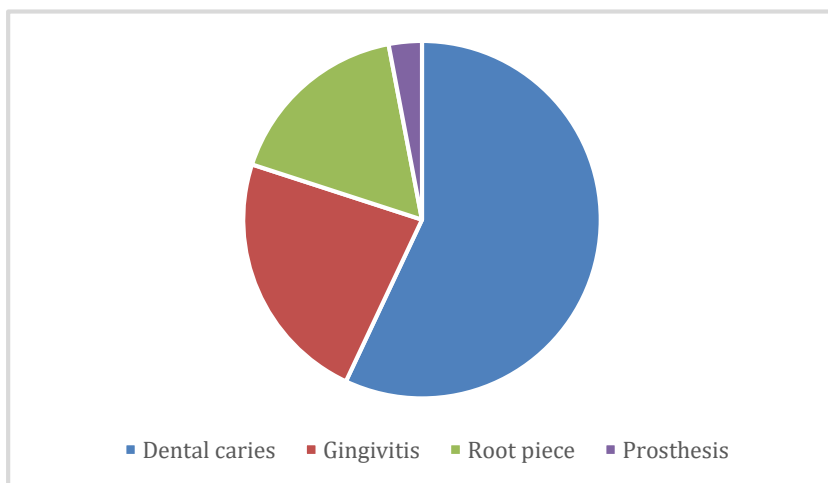
After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were 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 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 | 17                 | 57           |
| Gingivitis    | 7                  | 23           |
| Root piece    | 5                  | 17           |
| Prosthesis    | 1                  | 3            |



### Interpretation and conclusion:

Among the 30 individuals examined Dental caries (57%) is highly prevalent, indicating widespread tooth decay. Gingivitis (23%) shows moderate gum health issues among the population. Root pieces (17%) suggest untreated or neglected dental conditions. Prosthesis (3%) is very low, reflecting limited use of restorative treatment. Lack of awareness regarding the oral–gut health connection was evident among participants. Fluoride and preventive oral care play an important role in maintaining good oral health during pregnancy. Regular use of fluoride toothpaste, proper oral hygiene, healthy dietary practices, and timely dental consultations can help reduce the risk of dental caries and gum problems. Preventive care is safe and beneficial when provided appropriately and can help pregnant women maintain healthy teeth and gums throughout pregnancy. ANC camps serve as an effective platform for providing oral health education, fluoride awareness, basic dental screening, and appropriate referrals. Promoting preventive oral care during pregnancy can improve maternal oral health and encourage positive oral hygiene practices that may benefit the health of the mother and child.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

### **List of Attendees**

| <b>Sr.<br/>No.</b>                  | <b>Name of Staff</b> |
|-------------------------------------|----------------------|
| <b>1.</b>                           | Dr. Kashmira Kadam   |
| <b>2.</b>                           | Dr. Aishwarya Patil  |
| <b>Name of Interns and students</b> |                      |
| <b>3.</b>                           | Poornima Krishnadas  |
| <b>4.</b>                           | Krishna Doshi        |
| <b>5.</b>                           | Pradnya Salve        |