



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
E-Mail ID: mgmdch@mgmmumbai.ac.in



SAFE DENTAL TREATMENTS DURING PREGNANCY AT ANC CAMP, MGM MEDICAL COLLEGE & HOSPITAL, KAMOTHE

Date: 22nd 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:

Awareness about the connection between gut health and oral health is essential for understanding how the two systems influence each other and contribute to overall well-being. The oral cavity is the gateway to the digestive tract and is home to a diverse community of microorganisms. When oral hygiene is poor, harmful bacteria can enter the gastrointestinal tract, potentially disrupting the balance of gut microbiota and affecting digestion. Conversely, an imbalanced gut microbiome and poor dietary habits can lead to inflammation and nutritional deficiencies, which may manifest as oral problems such as gum disease, recurrent ulcers, bad breath, and delayed healing. This awareness program was designed to educate participants about the important link between gut health and oral health and to encourage habits that promote a healthy microbiome, balanced diet, and effective oral hygiene for better overall health. 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 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

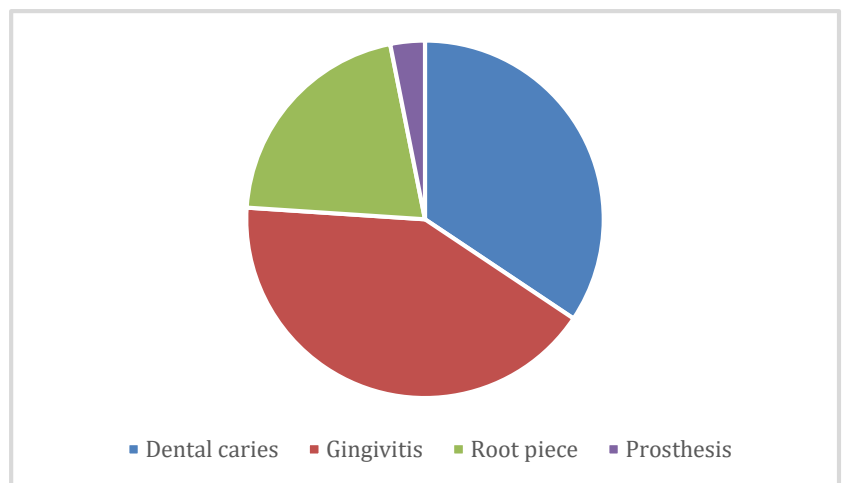
After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were 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 15 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	5	33
Gingivitis	6	40
Root piece	3	20
Prosthesis	1	7



Interpretation and conclusion:

Among the 15 individuals examined Dental caries (33%) is highly prevalent, indicating widespread tooth decay. Gingivitis (40%) shows moderate gum health issues among the population. Root pieces (20%) suggest untreated

or neglected dental conditions. Prosthesis (7%) is very low, reflecting limited use of restorative treatment. Lack of awareness regarding the oral–gut health connection was evident among participants. Poor oral hygiene and unhealthy dietary habits may negatively impact both oral and gut health. Educational intervention improved understanding of preventive measures. Promoting good oral hygiene along with a balanced diet can significantly improve overall health.



INVESTIGATION 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.	Aditi Jain
4.	Priyanka Padhy
5.	Preity Patil