



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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COMMON ORAL PROBLEM IN PREGNANCY AT ANC CAMP, MGM MEDICAL COLLEGE & HOSPITAL, KAMOTHE

Date: 24th 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, metabolic, dietary, and behavioural changes. These changes can influence the oral health of the mother and may increase susceptibility to various oral diseases. Oral health is an integral component of general health, and maintaining good oral health during pregnancy is important for the well-being of both the mother and the developing child. One of the most commonly observed oral conditions during pregnancy is pregnancy gingivitis, which occurs due to an exaggerated inflammatory response of the gingival tissues to dental plaque under the influence of increased levels of pregnancy hormones. Pregnant women may complain of redness, swelling, tenderness, and bleeding from the gums, particularly while brushing or eating. If left untreated, gingival inflammation may progress to more severe periodontal disease.

Pregnant women may also be at increased risk of dental caries because of changes in dietary habits, increased frequency of food intake, cravings for cariogenic foods, inadequate oral hygiene, and, in some cases, repeated vomiting. Dental erosion and tooth sensitivity may occur as a result of frequent exposure of the teeth to gastric acids during vomiting. Hormonal changes may also contribute to increased gingival enlargement and the development of pyogenic granuloma (pregnancy tumour), which may present as a localized reddish, swollen and easily bleeding growth on the gingiva.. 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

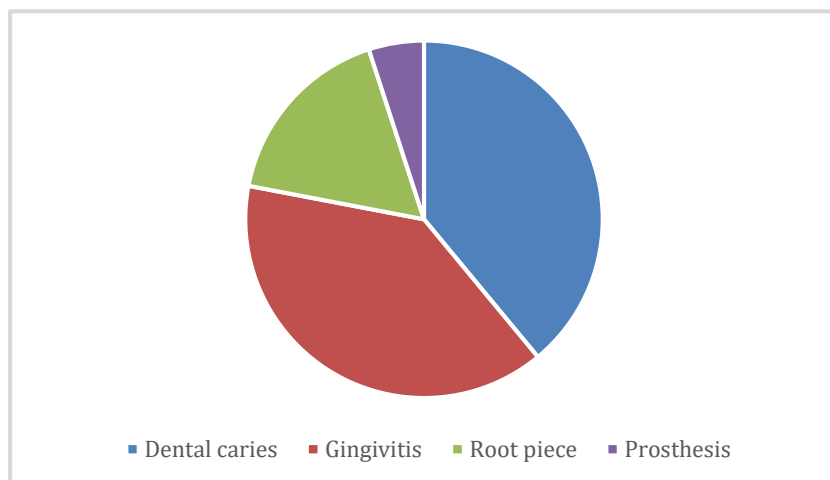
After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were 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 18 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	7	39
Gingivitis	7	39
Root piece	3	17
Prosthesis	1	5



Interpretation and conclusion:

Among the 28 individuals examined Dental caries (39%) is highly prevalent, indicating widespread tooth decay. Gingivitis (39%) shows moderate gum health issues among the population. Root pieces (17%) suggest untreated or neglected dental conditions. Prosthesis (5%) is very low, reflecting limited use of restorative treatment. The ANC camp served as an important platform for oral health screening, early identification of common oral problems, preventive education, and appropriate referral of pregnant women for dental care. Conditions such as pregnancy gingivitis, dental caries, periodontal problems, dental erosion, tooth sensitivity, and pregnancy-related gingival enlargement can be identified through simple oral examination and appropriate history taking.

Pregnant women were educated about the importance of maintaining good oral hygiene through regular tooth brushing with fluoride toothpaste, cleaning of the interdental areas, maintaining a balanced and nutritious diet, reducing frequent consumption of sugary foods and beverages, and seeking professional dental care for any persistent oral complaint. They were also made aware that necessary dental evaluation and treatment can be safely provided during pregnancy when appropriately planned.



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.	Rohini Mali
4.	Kalyani Borkar
5.	Priti Chavan