



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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HOW PREGNANCY AFFECTS ORAL HEALTH AT ANC CAMP.

Date: 03/01/ 2025

Venue: MGM MEDICAL COLLEGE AND HOSPITAL, Kamothe.

Faculty: Dr. Mausami Malgaonkar, Dr. Aishwarya patil

Organizing Agency: PHD Dept, MGMDCH, NSS unit of MGMDCH, MGM MEDICAL COLLEGE AND HOSPITAL, KAMOTHE

Number of Students attended: 04

Introduction

Pregnancy leads to significant hormonal changes that can impact oral health. Increased levels of estrogen and progesterone can make gums more sensitive, increasing the risk of pregnancy gingivitis and periodontal disease. Morning sickness, cravings, and dietary changes may also contribute to dental caries and enamel erosion. Poor oral health during pregnancy has been linked to complications such as preterm birth and low birth weight. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the women at ANC with the intention of providing proper oral health care to the patients.

Aim and Objectives

To assess the impact of pregnancy on oral health.

To educate pregnant women about the importance of maintaining good oral hygiene.

To provide preventive measures and treatment recommendations for pregnancy-related oral health issues.

Demographic and Medical History: Collected information on trimester, dietary habits, oral hygiene practices, and morning sickness.

Oral Examination:

The patients were examined using mouth mirror, probes and other diagnostics. The patients needing immediate attention were referred to MGM dental college and hospital and the others were given oral health education.

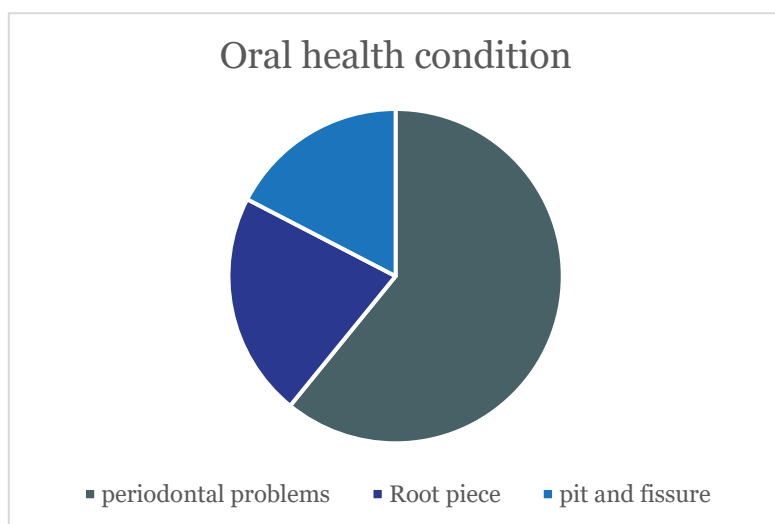
Gum health: Checked for signs of pregnancy gingivitis (red, swollen, and bleeding gums).

Periodontal disease: Evaluated for deep gum pockets and bone loss. **Caries and enamel erosion:** Assessed for increased cavities and acid-related tooth wear due to morning sickness. **Pregnancy tumors (pyogenic granuloma):** Checked for small, benign gum growths caused by hormonal changes. **Salivary changes:** Examined for dry mouth or excessive salivation.

Questionnaire: Patients answered questions about their oral hygiene routine, frequency of dental visits, and dietary choices during pregnancy.

ORAL HEALTH STATUS

Sr.no.	Oral health conditions	No. Of Patients
1.	Periodontitis	5
2.	Gingivitis	9
3.	Root pieces	5
4.	Pit and fissure	4



Total patients screened- 23

Interpretation of Findings

A high percentage of pregnant women exhibited pregnancy gingivitis, characterized by gum inflammation and bleeding.

Some women experienced increased dental caries, possibly due to cravings for sugary foods and morning sickness-related acid exposure. A few cases of pyogenic granuloma were observed, which caused discomfort but were non-cancerous and temporary. Some patients reported dry mouth, which may increase the risk of cavities and bad breath.

Conclusion

Pregnancy significantly affects oral health, increasing the risk of gum disease, cavities, and enamel erosion. Pregnant women should maintain proper oral hygiene by brushing twice daily, flossing, and using fluoride toothpaste. Regular dental checkups are safe and essential during pregnancy to prevent complications.



ORAL SCREENING DONE BY THE DENTAL TEAM

Sr. No	List of Participants
Name of faculty	
1.	Dr. Mausami Malgaonkar
2.	Dr. Aishwarya Patil
Name of interns and Students	
1.	Rajni Kokate
2.	Tuba Penkar
3.	Rohma khan
4.	Kaif kureshi