



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



UNDERSTANDING TOOTH ENAMEL AND HOW TO PROTECT IT **AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE**

Date: 07th February 2025

Venue: MGM Medical Hospital, Kamothe.

Faculty: Dr. Mausami Malgaonkar

NSS Staff Incharge : Dr. Aishwarya Patil

Organizing Agency: Department of Public Health Dentistry, MGMDCH,

NSS Unit of MGMDCH.

Number of Students attended: 2

Tooth enamel is the hardest substance in the human body, serving as a protective layer for teeth against decay and wear. However, it is susceptible to damage from acidic foods, poor oral hygiene, and other external factors. Pregnant women are at an increased risk of enamel erosion and dental problems due to hormonal changes, altered dietary habits, and morning sickness, which exposes teeth to stomach acids.

The antenatal phase is crucial for oral health education, as maternal dental health directly impacts the baby's well-being. This dental camp aimed to educate expectant mothers on the importance of tooth enamel, factors that lead to its erosion, and effective strategies to protect it. Additionally, patients were screened for dental issues, and necessary preventive and therapeutic advice was provided. MGM Dental college constantly takes efforts of extending oral health care of community .

the oral care initiative was also extended to patients at ANC camp with the intention of creating awareness about understanding tooth enamel and how to protect it. By promoting these techniques, it helps to improve oral health of Individuals at ANC Camp

Aim and Objective:

- To educate antenatal care patients about the importance of tooth enamel, its role in dental health, and preventive measures to protect it.
- To provide awareness about the structure and function of enamel.
- To identify common factors leading to enamel erosion and tooth decay.
- To screen patients for existing dental issues and provide necessary interventions.
- To promote preventive strategies, including proper diet, oral hygiene, and fluoride application.
- To emphasise the significance of maternal oral health in preventing neonatal complications.

Method:

The camp was organised at MGM Medical Hospital, Kamothe with the participation of faculty members, interns and dental professionals. Type 2 Examination was carried out using mouth mirrors and straight probe. It consisted of the following key activities:

The camp followed a structured approach consisting of the following steps:

1. Awareness Session: The composition and role of tooth enamel. Causes of enamel erosion, including acidic foods, frequent snacking, and poor oral hygiene. The impact of pregnancy-related factors such as acid reflux and hormonal changes. Preventive measures, including proper brushing techniques, fluoride use, and dietary modifications.
2. Dental Screening: All 20 patients underwent a basic oral examination to assess enamel condition and identify any existing dental issues.
3. Patient Education & Preventive Guidance: Reinforcing the importance of fluoride-based toothpaste. Dietary recommendations to minimize acid exposure. Brushing and flossing techniques. The need for timely dental check-ups during pregnancy.
4. Referral and Follow-up Advice:
Patients with significant dental concerns were advised to visit the dental OPD for further treatment.

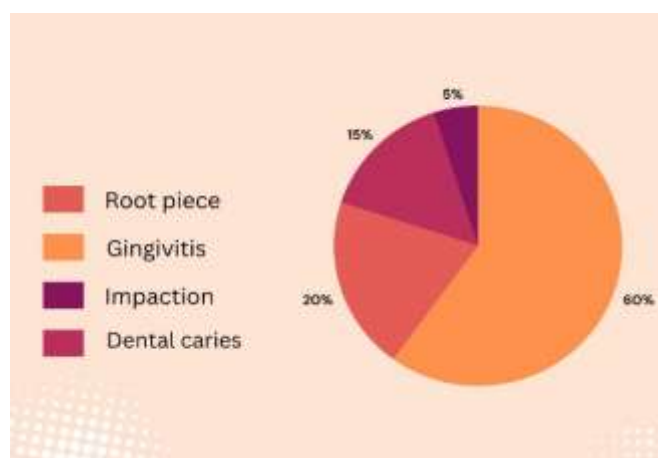
Observations:

The following dental issues were identified among the screened patients:

- Periodontal Problems (Gum Disease): 12 patients
- Root Pieces: 4 patients
- Pit and Fissure Caries: 3 patients
- Impaction: 1 patient

Additionally, many patients exhibited signs of mild enamel wear, likely due to dietary habits and acid exposure.

Condition	No. of individuals	Percentage %
Dental Caries	3	15
Gingivitis	12	60
Root Piece	4	20
Impaction	1	5



Inference And Conclusion:

The camp successfully highlighted the importance of maintaining strong and healthy enamel, especially during pregnancy. A significant number of patients were found to have periodontal issues, emphasizing the need for better oral hygiene practices. The presence of root pieces and carious lesions further underscored the necessity of timely dental intervention.

Through this initiative, expectant mothers gained valuable knowledge about enamel protection and overall oral care. The session helped dispel myths and reinforced the importance of maintaining good oral health during pregnancy. Patients were encouraged to adopt preventive measures and seek professional dental care as needed.



List of Attendees

Name of Staff	
1.	Dr. Mausami Malgaonkar
2.	Dr. Aishwarya Patil
Name of Interns	
1.	Tuba Arshad
2.	Rajni Kokate