



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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PREGNANCY AND DEPRESSION: SIGNS AND SOLUTION AT ANC CAMP MGM MEDICAL HOSPITAL KAMOTHE

Date: 09th July 2025

Venue: MGM Medical hospital

Faculty: Dr. Mausami Malgaonkar, Dr. Aishwarya Patil

Organizing Agency: Department Of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH & Department of Preventive and Social Medicine

Number of Students attended: 3

Pregnancy can be a time of significant emotional changes, and for some women, it can lead to depression. It's important to recognize the signs and seek help, as treatment is safe and effective during pregnancy. Symptoms can include persistent sadness, loss of interest in activities, changes in sleep or appetite, fatigue, difficulty concentrating, and thoughts of self-harm. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to pregnant women at ANC camp MGM medical hospital, Kamothe with the intention of creating awareness about pregnancy related oral health problems.

Aim and objective:

1. To assess and promote awareness of the effects of pregnancy on oral health among pregnant women attending ANC camps, ensuring early detection, prevention, and management of oral health issues to improve maternal and fetal well-being.
2. To educate pregnant women about the common oral health issues associated with pregnancy, such as gingivitis, periodontitis, and dental caries.

Method:

Signs of Pregnancy-Related Depression:

- **Persistent sadness or low mood:** Feeling down most of the day, nearly every day.
- **Loss of interest or pleasure:** Not enjoying things you usually find enjoyable.
- **Changes in sleep:** Trouble sleeping or sleeping more than usual.
- **Changes in appetite:** Eating much more or much less than usual, leading to weight gain or loss.
- **Fatigue or low energy:** Feeling tired all the time, even with enough sleep.
- **Difficulty concentrating:** Trouble focusing, making decisions, or remembering things.
- **Feelings of worthlessness or guilt:** Blaming yourself for things that are not your fault.
- **Thoughts of death or suicide:** If you have thoughts of harming yourself or the baby, seek immediate help.

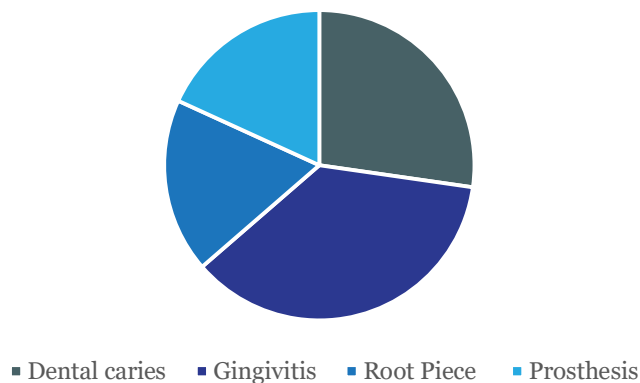
Oral health education on pregnancy related dental issues was given to patients using models, posters and charts. Educational sessions will include demonstrations of proper brushing and flossing techniques, dietary recommendations, and guidance on managing pregnancy-related oral health concerns such as gingivitis and tooth sensitivity. A type III examination was carried out with the use of tongue depressor. 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 how pregnancy affects the oral health status.

Observations: A total of 11 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	3	27
Gingivitis	4	36
Root piece	2	18
Prosthesis	2	18

ORAL HEALTH STATUS



Interpretation and conclusion:

1. A significant number of participants exhibited poor oral hygiene practices, including irregular brushing and a lack of knowledge about pregnancy-related dental issues such as gingivitis and tooth sensitivity.
2. Educating new mothers about dental care at ANC camps is an effective strategy for promoting maternal and infant oral health. Providing simple, practical dental care tips can help prevent common oral health issues and reduce the risk of complications during pregnancy.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Name of Staff	
1.	Dr. Mausami Malgaonkar
2.	Dr. Pankaj Londhe
Name of Interns & Students	
3.	Mushkan Sahetya
4.	Sanket Game
5.	Isha Ghag