



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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AWARENESS ON PROPER TONGUE CLEANING AT ANC CAMP MGM MEDICAL HOSPITAL KAMOTHE

Date: 18th June 2025

Venue: MGM Medical hospital, Kamothe Navi Mumbai

Faculty: Dr. Mausami Malgaonkar, Dr. Pankaj Londhe

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:4

Proper tongue cleaning during pregnancy is important for maintaining overall oral health. It helps reduce bacteria, bad breath, and the risk of cavities and other oral health issues. A soft-bristled toothbrush or a tongue scraper are effective tools for cleaning the tongue, and regular use, along with brushing and flossing, is recommended.

Why clean your tongue during pregnancy?

- **Reduces bacteria:**

The tongue is a breeding ground for bacteria, which can contribute to bad breath, tooth decay, and other oral health problems.

- **Prevents bad breath:**

Cleaning your tongue helps remove sulfur compounds that cause bad breath,

- **Reduces risk of oral health issues:**

By removing bacteria, tongue cleaning can help prevent cavities, gum disease, and other oral health problems that can be exacerbated during pregnancy.

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.

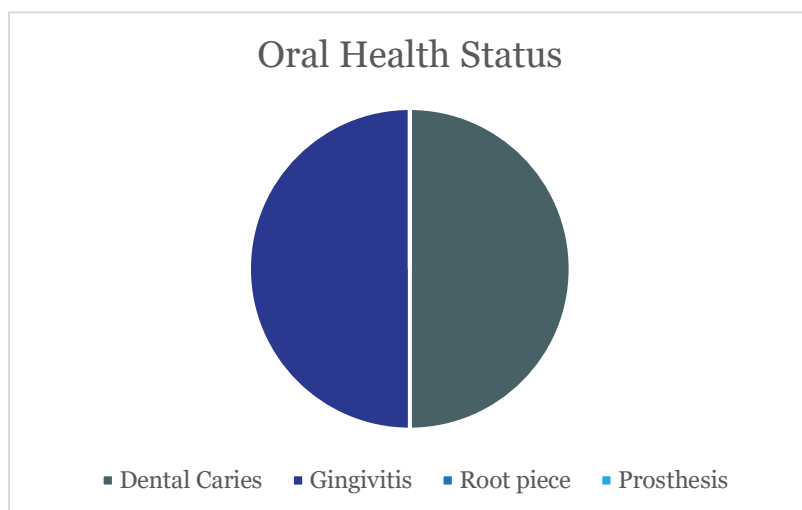
Method:

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 mouth mirror and probe. 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 04 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	2	50
Gingivitis	2	50
Root piece	0	0
Prosthesis	0	0



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.	Sakshi Agarwal
4.	Akshata Chabukswar
5.	Sanchi Gajbhiye
6.	Mrunmai Gaikwad