



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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DEALING WITH GESTATIONAL DIABETES AT ANC CAMP MGM MEDICAL HOSPITAL KAMOTHE

Date: 11th July 2025

Venue: MGM Medical hospital

Faculty: Dr. Sujata Hirave, Dr. Pankaj Londhe

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

Number of Students attended:4

Gestational diabetes is a condition where high blood sugar develops during pregnancy, usually in the second or third trimester. It occurs when the body can't produce enough insulin to meet the increased needs of pregnancy. While often asymptomatic, it can lead to complications for both mother and baby if not managed properly. During pregnancy, the placenta produces hormones that can block insulin's action, making it harder for the body to use glucose. This is normal, but some women's bodies can't produce enough extra insulin to compensate, leading to gestational diabetes. 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:

- **Cause:**

The body's cells become less sensitive to insulin (insulin resistance), and some women can't produce enough extra insulin to compensate.

- **Symptoms:**

It often has no symptoms, but some women may experience increased thirst, urination, fatigue, blurred vision, or frequent infections.

- **Diagnosis:**

Usually diagnosed between the 24th and 28th weeks of pregnancy through blood sugar tests.

- **Management:**

Treatment includes diet and exercise, and sometimes medication (insulin or metformin).

- **Complications:**

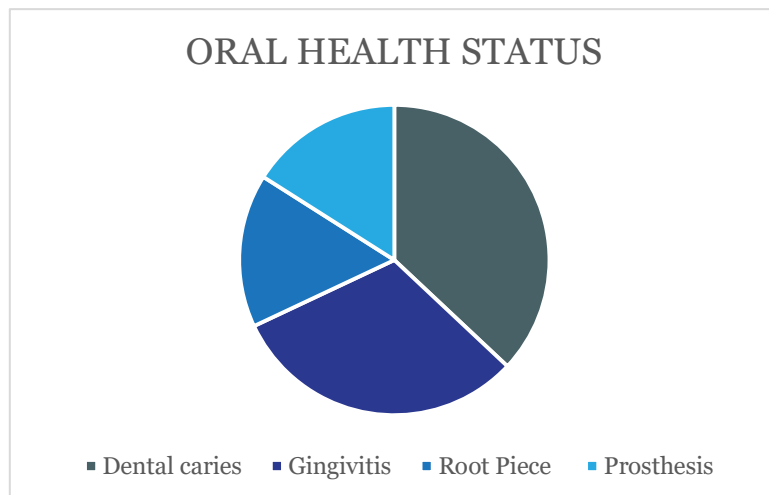
If untreated, it can lead to larger babies, premature birth, and other complications for both mother and baby.

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 38 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	14	37
Gingivitis	12	31
Root piece	6	16
Prosthesis	6	16



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. Sujata Hirave
2.	Dr. Pankaj Londhe
Name of Interns & Students	
3.	Rahul Tarange
4.	Shejal Chatlawar
5.	Mithali Gala
6.	Aditi Gosavi