



## **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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### **DENTAL CARE TIPS FOR MANAGING ORAL HEALTH DURING STRESS AT ANC CAMP AT MGM HOSPITAL**

**Date: 14th May 2025**

**Venue: MGM Hospital, Kamothe**

**Faculty: Dr. Mausami Mangaokar, Dr. Pankaj Londhe**

**Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH.**

**Number of Students attended: 2**

Dental care is vital for new mothers because it directly impact the strength and health of our teeth and gums. Pregnancy is a time of significant physical, emotional, and hormonal changes. These changes can increase vulnerability to both stress and oral health issues such as gum disease, tooth decay, and mouth infections. Stress, if unmanaged, can worsen oral health and affect both mother and baby's well-being. This initiative was extended to the new mothers at ANC Camp in MGM Hospital, aiming to educate them about the importance of regular check-up while providing information about managing oral health during stressful period. The program seeks to empower new mothers with knowledge about their dental health and instill good oral hygiene practices.

#### **Aim and Objectives:**

- To educate mothers about the importance of maintaining oral health.
- To educate mother's about management of stress holistically.
- To assess the overall oral health status of the patients.
- To encourage healthy dietary choices that support dental health.

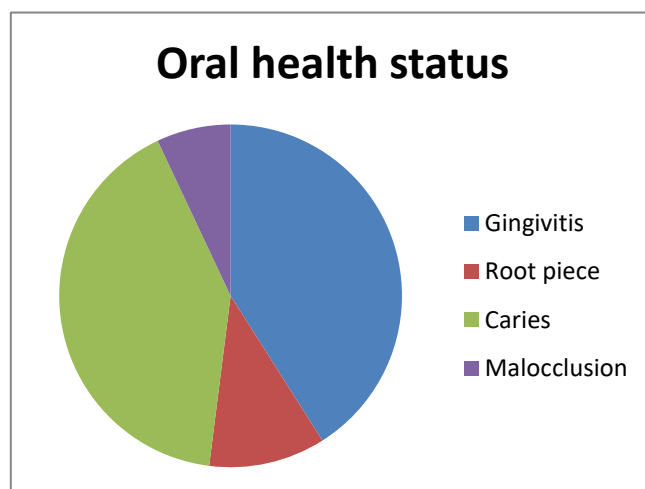
**Method:**

Type 2 examination of the new mothers was conducted using tongue depressor to assess their oral health status. Following the evaluation, the mothers were provided with information on how to address any identified dental issues. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of untreated cavities and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model. The initiative also included discussions about the importance of regular dental check-ups.

**Observations:** A total of 17 individuals 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 %
Gingivitis	7	41%
Root piece	2	11%
Caries	7	41%
Malocclusion	1	7%

**Interpretation and conclusion:**

Gingivitis is the most common problem among the mothers followed by cases of Carious tooth.

Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients.



### List of Attendees

Sr. No	List of Participants
<b>Name of faculty</b>	
1	Dr. Mausami Mangaokar
2	Dr. Pankaj Londhe
<b>Name of Interns</b>	
1.	Aryan Satikunvar
2.	Maheen Ahmed