



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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PREVENTIVE CARE FOR BABY TEETH & EARLY CHILDHOOD CAVITIES AT ANC CAMP **MGM MEDICAL HOSPITAL KAMOTHE**

Date: 25th June 2025

Venue: MGM Medical hospital, Kamothe Navi Mumbai

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, MGM Medical hospital, Kamothe Navi Mumbai

Number of Students attended:4

Preventive care for baby teeth and early childhood caries (ECC) focuses on establishing good oral hygiene habits early, reducing sugar intake, and regular dental checkups. This includes cleaning gums before teeth erupt, introducing fluoride toothpaste after the first tooth appears, and limiting sugary drinks and snacks. Early intervention, including parental counseling and fluoride varnish, is crucial for preventing and managing ECC. 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:

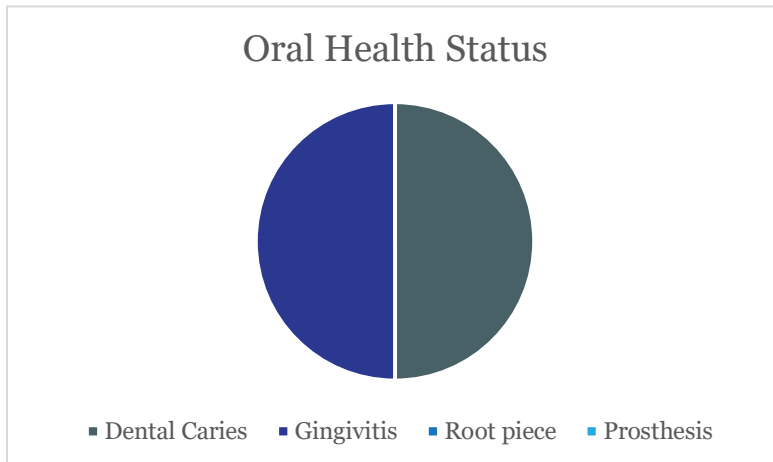
- **Early Oral Hygiene:**
 - Start cleaning the baby's gums with a soft, damp cloth after feeding, even before teeth appear.
 - Begin brushing with a soft-bristled toothbrush and a smear of fluoride toothpaste as soon as the first tooth erupts.
 - Limit sugary drinks and snacks, especially before bedtime, and avoid putting babies to sleep with a bottle.
- **Fluoride Application:**
 - Fluoride strengthens tooth enamel, making it more resistant to decay.
 - Use a smear or rice-sized amount of fluoride toothpaste for children.
 - Consider professional fluoride varnish applications by a dentist.
- **Dietary Habits:**
 - Encourage a balanced diet with plenty of fruits, vegetables, and dairy products.
 - Limit sugary drinks, juices, and snacks that can contribute to tooth decay.

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 02 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	01	50
Gingivitis	01	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. Sujata Hirave
2.	Dr. Pankaj Londhe
Name of Interns & Students	
3.	Harsha Satpute
4.	Maheen Ahmed
5.	Nachiket Gogate
6.	Thea Gorde