



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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THE CONNECTION BETWEEN GUT HEALTH AND ORAL HEALTH AT ANC CAMP MGM MEDICAL HOSPITAL KAMOTHE

Date: 23rd July 2025

Venue: MGM Medical hospital

Faculty: Dr. Vaibhav Thakkar

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

Number of Students attended:4

The oral cavity and gut are interconnected ecosystems, and changes in one can impact the other. A healthy gut can support a healthy mouth by ensuring proper nutrient absorption and reducing inflammation that can affect oral tissues. Conversely, oral bacteria can translocate to the gut, potentially contributing to gut dysbiosis and systemic inflammation. In ANC camps, educating pregnant women about oral health is essential to prevent complications such as pregnancy gingivitis, periodontitis, and enamel erosion due to morning sickness. Providing oral health screenings, guidance on proper dental hygiene, and access to professional dental care can improve both maternal and fetal health. 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 gut health on oral health of 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:

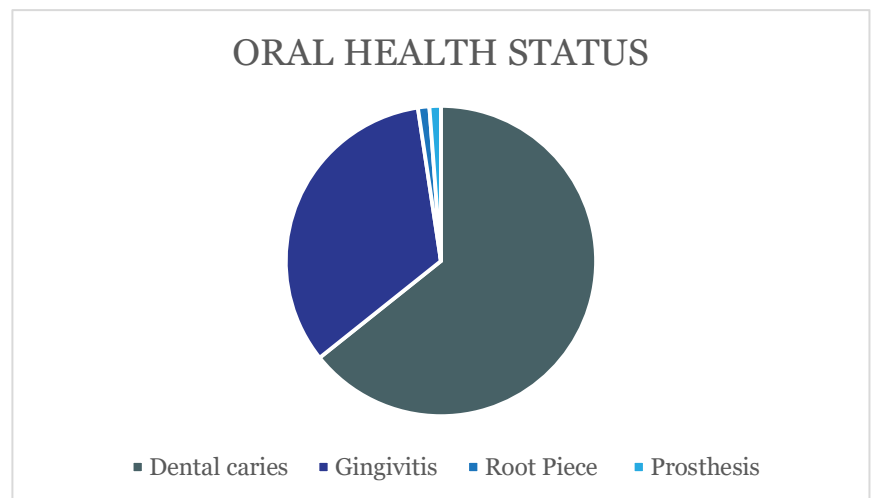
The health of your gut and mouth are closely linked through the **oral-gut axis**, meaning what happens in your digestive system can impact your mouth, and vice versa. Research shows that an imbalance in the bacteria in your gut can contribute to gum disease, cavities, and even conditions like **oral infections**. On the other hand, a healthy gut environment helps maintain a strong immune system, which supports your body's ability to fight harmful bacteria in your mouth.

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 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	6	54
Gingivitis	3	28
Root piece	1	9
Prosthesis	1	9



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. Vaibhav Thakkar
Name of Interns & Students	
2.	Shailvi Bang
3.	Shraddha Sonawane
4.	Tejasvi Singh
5.	Drishti Soni