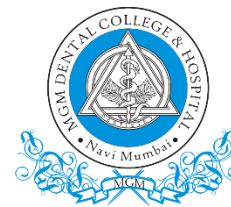




MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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HOW TO COMBAT STAINING FROM BEVERAGES LIKE TEA AND COFFEE AT ANC CAMP **MGM MEDICAL HOSPITAL KAMOTHE**

Date: 25th July 2025

Venue: MGM Medical hospital

Faculty: Dr. Sujata Hirave, Dr. Aishwarya Patil

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

Number of Students attended:4

To combat staining from tea and coffee, focus on prevention and removal. For prevention, consider adding milk or using a straw to minimize contact with teeth, rinsing with water after drinking, and maintaining good oral hygiene with regular brushing and flossing. For removal, try brushing with a whitening toothpaste, using a baking soda and water paste, or scheduling professional teeth whitening treatments if needed. 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 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:

- **Rinse with water:**

Swishing water after drinking tea or coffee helps wash away staining compounds like tannins.

- **Use a straw:**

Minimizing contact between the beverage and teeth, especially with iced drinks, can reduce staining.

- **Add milk:**

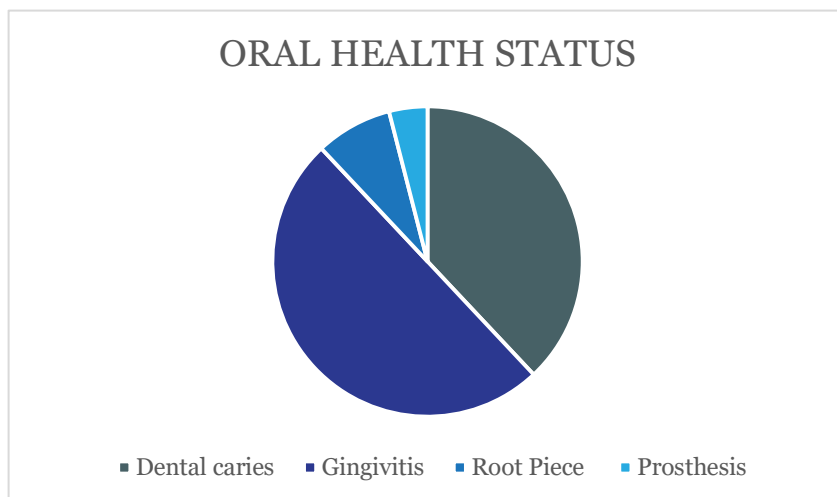
Milk can help neutralize acids and bind with staining agents, reducing their impact on teeth.

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 24 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	9	38
Gingivitis	12	50
Root piece	2	8
Prosthesis	1	4



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



SCALING DONE BY THE DENTAL TEAM MEMBER AT THE CAMP SITE

List of Attendees

Name of Staff	
1.	Dr. Sujata Hirave
2.	Dr. Aishwarya Patil
Name of Interns & Students	
3.	Pruthviraj Birjdar
4.	Ishika Shetty
5.	Aarti Jadhav
6.	Himanshu Jadhav