



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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THE IMPACT OF FAST FOOD ON DENTAL HEALTH AT ANC CAMP MGM MEDICAL HOSPITAL KAMOTHE

Date: 30th July 2025

Venue: MGM Medical hospital

Faculty: Dr. Mausami Malgaonkar, 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: 2

Fast food consumption can negatively impact health in both the short and long term due to its high calorie, fat, sodium, and sugar content. This can lead to weight gain, obesity, and an increased risk of type 2 diabetes, heart disease, and certain cancers. Fast food is also linked to digestive issues, mental health problems, and weakened immunity. 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:

- **Blood sugar spikes:**

Fast food's high carbohydrate and sugar content can cause rapid spikes and crashes in blood sugar levels.

- **Increased blood pressure:**

The high sodium content in fast food can raise blood pressure.

- **Digestive problems:**

Fast food can cause bloating, indigestion, and constipation due to its low fiber content and high fat and sodium levels.

Reduced nutrient intake:

Fast food is often low in essential vitamins and minerals, potentially leading to nutrient deficiencies.

- **Inflammation:**

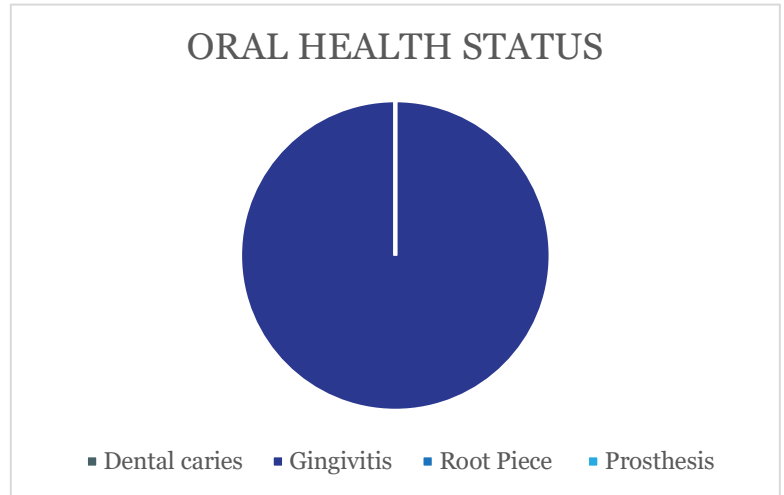
Fast food consumption can contribute to increased inflammation in the body.

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 01 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	0	0
Gingivitis	1	100
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. Mausami Malgaonkar
2.	Dr. Pankaj Londhe
Name of Interns & Students	
3.	Safa Chaudhary
4.	Shabee Khan