



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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TIPS FOR MANAGING ORAL HEALTH DURING STRESS AT ANC CAMP MGM MEDICAL HOSPITAL KAMOTHE

Date: 13th June 2025

Venue: MGM Medical hospital, Kamothe Navi Mumbai

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, MGM Medical hospital, Kamothe Navi Mumbai

Number of Students attended:4

Pregnancy is a crucial period marked by significant physiological and hormonal changes that can affect various aspects of health, including oral health. Hormonal fluctuations, especially in estrogen and progesterone levels, can lead to increased gingival inflammation, pregnancy gingivitis, and a heightened risk of periodontal disease. Stress during pregnancy, both emotional and physical, can have negative impacts on both the pregnant person and the developing fetus. While some stress is normal during pregnancy, excessive or chronic stress can lead to various complications. It's important to manage stress and seek support when needed. Hence, spreading awareness and offering preventive dental care to expectant mothers is essential. 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.

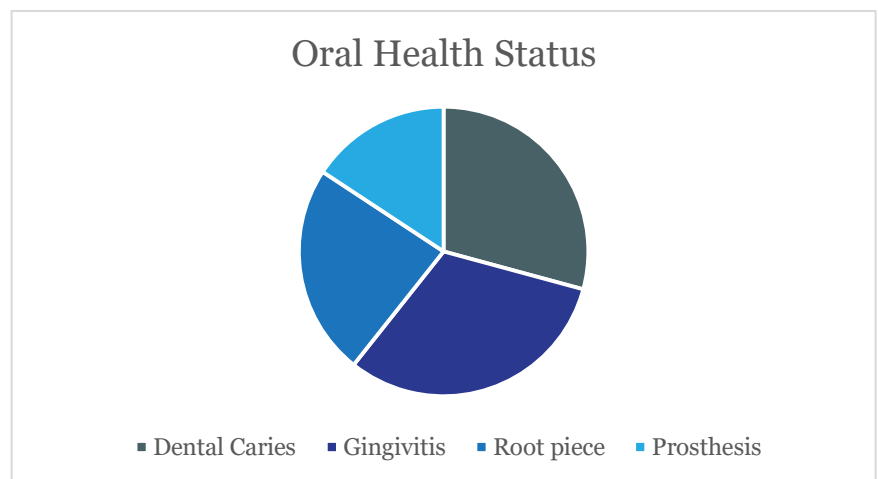
Method:

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 42 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

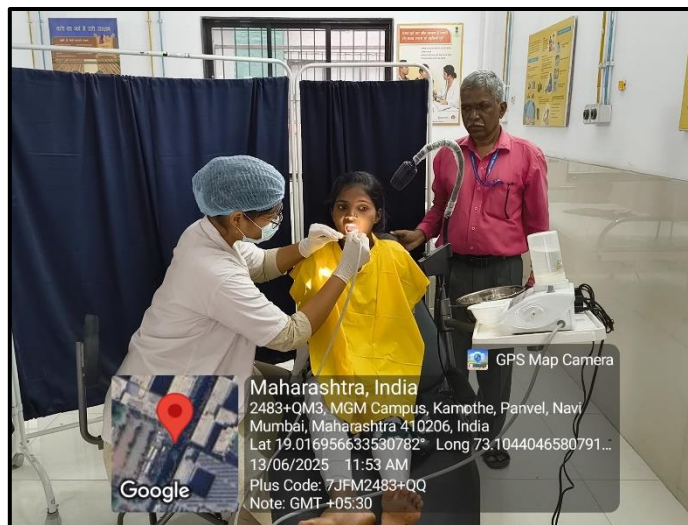
Condition	No. of individuals	Percentage %
Dental caries	11	26
Gingivitis	12	28
Root piece	9	21
Prosthesis	6	14

**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

List of Attendees

Name of Staff	
1.	Dr. Mausami Malgaonkar
2.	Dr. Pankaj Londhe
Name of Interns & Students	
3.	Harsha Satpute
4.	Maheen Ahmed
5.	Sanskriti Dalvi
6.	Sutosh Desale