



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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Plot No. 1 & 2 Sector-01 (Old 18 & 19),
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THE ROLE OF NUTRITION IN MAINTAINING HEALTHY TEETH AND GUMS AT ANC CAMP AT MGM HOSPITAL

Date: 16th May 2025

Venue: MGM Hospital, Kamothe

Faculty: Dr. Mausami Mangaokar, Dr. Pankaj Londhe

Organizing Agency: Department of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH

Number of Students attended: 2

Dental care is vital for new mothers because it directly impact the strength and health of our teeth and gums. A balanced diet supports enamel formation, helps prevent tooth decay, and contributes to healthy gums. Specifically, minerals like calcium and phosphorus are crucial for strong teeth, while vitamins C and D are important for gum health. This initiative was extended to the new mothers at ANC Camp in MGM Hospital, aiming to educate them about the importance of regular check-up while providing information about the role of nutrition in maintaining oral health. The program seeks to empower new mothers with knowledge about their dental health and instill good oral hygiene practices.

Aim and Objectives:

- To educate mothers about the importance of maintaining oral health.
- To assess the overall oral health status of the patients.
- To encourage healthy dietary choices that support dental health.

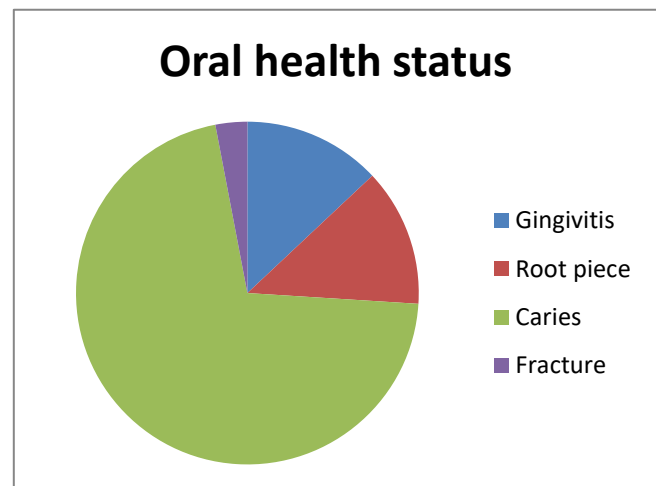
Method:

Type 2 examination of the new mothers was conducted using tongue depressor to assess their oral health status. Following the evaluation, the mothers were provided with information on how to address any identified dental issues. To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of untreated cavities and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model. The initiative also included discussions about the importance of regular dental check-ups.

Observations: A total of 31 individuals 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 % |
|------------|--------------------|--------------|
| Gingivitis | 4 | 13% |
| Root piece | 4 | 13% |
| Caries | 22 | 71% |
| Fracture | 1 | 3% |



Interpretation and conclusion:

Carious tooth is the most common problem among the mothers followed by cases of gingivitis & root piece. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients.



List of Attendees

| Sr. No | List of Participants |
|------------------------|-----------------------|
| Name of faculty | |
| 1 | Dr. Mausami Mangaokar |
| 2 | Dr. Pankaj Londhe |
| Name of Interns | |
| 1. | Sejal Mane |
| 2. | Sanika Shah |