



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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DENTAL CARE TIPS FOR NEW MOTHERS AT ANC CAMP AT MGM HOSPITAL

Date: 23rd April 2025

Venue: MGM Hospital, Kamothe

Faculty: Dr. Mausami Mangaokar, Dr. Pankaj Londhe

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

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. MGM Dental College constantly takes efforts of extending the oral health care to the community. 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.

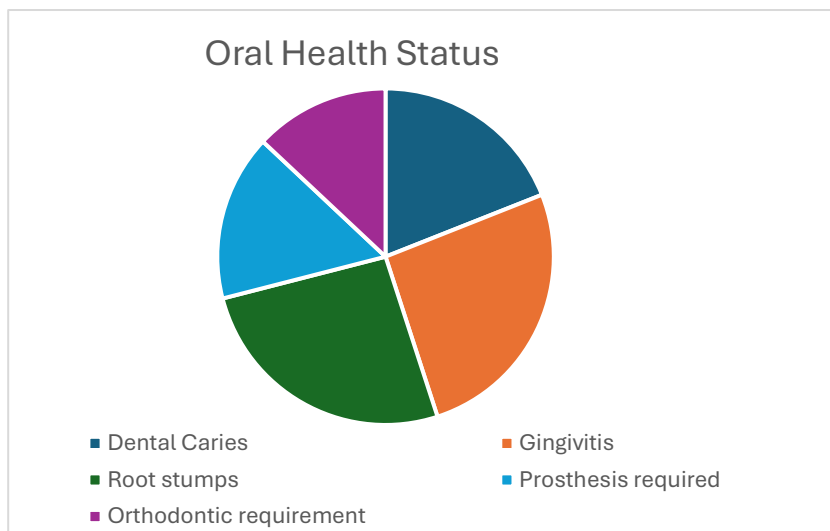
Method:

An examination of the new mothers was conducted using mouth mirrors and explorers (type 3) 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 Patient	Percentage
Dental Caries	6	19
Gingivitis	8	26
Root stumps	8	26
Prosthesis required	5	16
Orthodontic requirement	4	13





Interpretation and conclusion:

Gingivitis is the most common problem among the mothers followed by cases of reversible pulpitis. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Majority of the oral diseases are due to lack of proper health education of the patient and insufficient dietary intake. The various nutritional food items were informed to the children and their positive benefits were explained to them.

List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Mausami Mangaokar
2	Dr. Pankaj Londhe
Name of Interns	
1.	Mahak Shrivastav
2.	Akanksha Tembhare