



## **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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### **DENTAL CARE TIPS FOR NEW MOTHERS AT ANC CAMP MGM MEDICAL HOSPITAL KAMOTHE**

**Venue: MGM Medical Hospital, Kamothe**

**Date: 7<sup>th</sup> March 2025**

**Faculty: Dr. Mausami Malgaonkar, Dr. Pankaj Londhe**

**Organizing Agency: Department of Public Health Dentistry, MGMDCH; NSS unit of MGMDCH**

**Number of Students attended: 4**

The importance of preventive dental care for new mothers is increasingly emphasized by dental professionals and public health experts. Hormonal changes during and after pregnancy can heighten the risk of oral health problems such as gingivitis, tooth decay, and dry mouth, making regular dental care essential. During the ANC camp conducted by MGMDCH, MGM, awareness was raised about maintaining proper oral hygiene among expecting and new mothers. This group is particularly vulnerable to dental issues due to changing physiology and often neglects self-care during the postpartum period. Participants were educated on key practices such as brushing twice daily with fluoride toothpaste, eating a balanced diet rich in calcium, staying hydrated, and avoiding self-medication. Such targeted dental awareness programs are vital for promoting maternal and child health and establishing long-term oral hygiene habits in underserved communities. MGM Dental College is dedicated to promoting oral health awareness within the community. Recently, this initiative was extended to the students at ANC MGM , aiming to educate them about the importance of regular check-up while providing essential oral

health care. The program seeks to empower new mothers with knowledge about their dental health and instill good oral hygiene practices.

**Aim and Objectives:**

- To promote awareness about the importance of oral hygiene among new and expecting mothers.
- To reduce the risk of pregnancy-related dental issues through early education.
- To encourage preventive dental care as part of maternal health.
- To educate mothers on common oral problems during and after pregnancy.
- To demonstrate correct brushing and oral hygiene techniques.

**Method:**

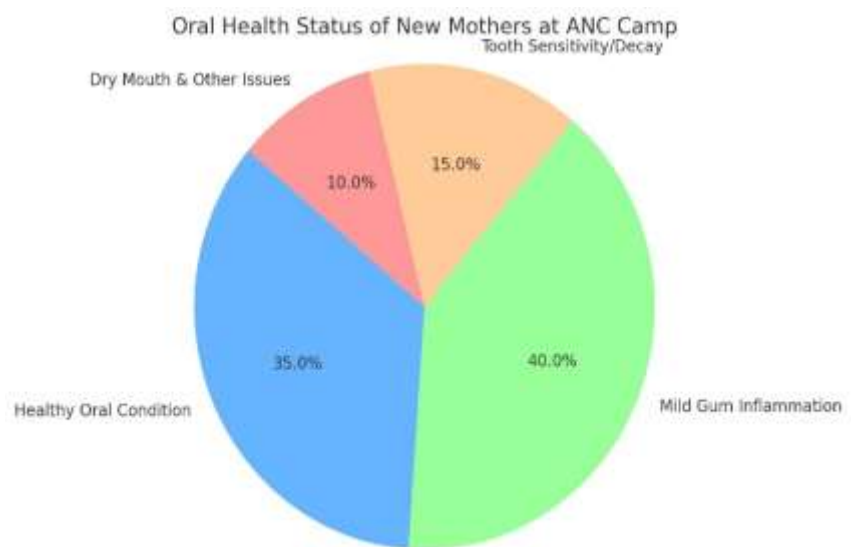
A general dental screening of the villagers, especially children and elderly individuals, was conducted using a torch and tongue depressor to assess oral health. The awareness camp was conducted at the ANC clinic where new and expecting mothers were invited to participate. Educational sessions were held using presentations and interactive discussions focusing on oral hygiene practices during pregnancy and postpartum. Demonstrations of proper brushing and flossing techniques were provided. Informational pamphlets with dental care tips were distributed. Participants were encouraged to ask questions and share their experiences to reinforce learning. The awareness camp was conducted at the ANC clinic where new and expecting mothers were invited to participate. Educational sessions were held using presentations and interactive discussions focusing on oral hygiene practices during pregnancy and postpartum. Demonstrations of proper brushing and flossing techniques were provided. Informational pamphlets with dental care tips were distributed. Participants were encouraged to ask questions and share their experiences to reinforce learning. Follow-up reminders were given to ensure regular dental check-ups. Collaboration with local healthcare workers helped in reaching more women in the community

**Observations** Most new mothers showed limited knowledge about oral health risks during pregnancy and postpartum. Many reported experiencing gum bleeding, sensitivity, and dry mouth but were unaware of proper preventive measures. Participants were receptive to learning and actively engaged during demonstrations. The distribution of pamphlets and follow-up reminders increased their interest in maintaining oral hygiene. Overall,

the camp helped improve awareness and motivated mothers to adopt better dental care practices.. Individuals showing signs of dental decay or requiring further treatment were referred to MGM Dental College and Hospital, Kamothe, for advanced care and management.

#### Oral health status:

| Condition                | No. of individuals | Percentage % |
|--------------------------|--------------------|--------------|
| Healthy Oral Condition   | 35                 | 35%          |
| Mild Gum Inflammation    | 40                 | 40%          |
| Tooth Sensitivity/Decay  | 15                 | 15%          |
| Dry Mouth & Other Issues | 10                 | 10%          |



### Interpretation and conclusion:

At the ANC camp in MGM Medical Hospital, new mothers were educated about the importance of dental care during and after pregnancy. They learned that hormonal changes can increase the risk of gum disease and cavities, so maintaining good oral hygiene is crucial. Proper brushing, flossing, and regular dental check-ups were emphasized to prevent complications. Good dental care is vital for new mothers to protect both their own health and their baby's health. Regular oral hygiene practices and dental visits can prevent common pregnancy-related dental problems. Education at ANC camps like MGM Medical Hospital empowers mothers with knowledge and encourages healthier habits. Early dental care support promotes better outcomes for mother .



INVESTIGATION BEING DONE BY TEAM MEMBER

| <b>Sr. No</b>                       | <b>List of Participants</b> |
|-------------------------------------|-----------------------------|
| <b>Name of faculty</b>              |                             |
| 1                                   | Dr. Mausami Malgaonkar      |
| 2                                   | Dr. Pankaj Londhe           |
| <b>Name of Interns and students</b> |                             |
| 3                                   | Akanksha Tembhare           |
| 4                                   | Mansi Udhan                 |
| 5                                   | Jagriti Soni                |
| 6                                   | Muskan Agarwal              |