



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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AWARENESS ON NUTRITION, ORAL HEALTH AND PREGNANCY OUTCOMES AT ANC CAMP AT MGM HOSPITAL

Date:01/09/25

Venue: MGM Medical Hospital, Kamothe, Navi Mumbai

Faculty: Dr. Sujata Hirave, Dr. Aishwarya Patil

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: 3

During pregnancy, good nutrition and oral health are crucial for both the mother and the fetus, as they are linked to a higher risk of adverse pregnancy outcomes like premature birth and low birth weight if neglected. Hormonal changes can increase the risk of gum disease, and changes in diet can increase tooth decay and erosion. A healthy diet and good oral hygiene are essential, and inadequate intake of nutrients like calcium, iron, and folate can lead to maternal complications. 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 nutrition essentials during pregnancy.

Aim and Objectives:

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

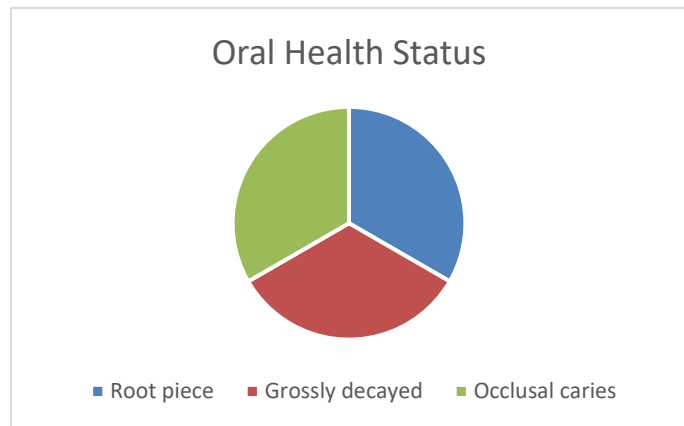
Method:

A Type III examination of the new mothers was conducted using mouth mirror, explorer, and good illumination 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 03 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 %
Root piece	01	33%
Grossly carious	01	33%
occlusal caries	01	34%



Interpretation and conclusion:

Carious Teeth with 33% having grossly carious and 34% having occlusal caries, is the most common problem among the mothers followed by cases of root pieces which are 33%.

Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Balanced nutrition and good oral hygiene are essential for maternal health and fetal development. Maintaining healthy teeth and a wholesome diet lowers preterm-birth risk and improves pregnancy outcomes.



Investigation Done by Team Members
At Camp Site

List of Attendees

Sr. No	List of Participants
Name of faculty	
1	Dr. Sujata Hirave
2.	Dr. Aishwarya Patil
Name of Interns & students	
3.	Priyanshi Chhajwani
4.	Saket Game
5.	Gauri Khaire