



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
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### **IMPACT OF HORMONAL CHANGES ON ORAL HEALTH AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE**

**Date:** 01<sup>st</sup> December 2025

**Venue:** MGM Medical Hospital, Kamothe, Navi Mumbai

**Faculty:** Dr. Sujata Hirave, 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 associated with significant hormonal changes, particularly increased levels of oestrogen and progesterone. These hormonal fluctuations can affect various systems of the body, including oral health. Pregnant women often experience oral conditions such as gingivitis, gum bleeding, pregnancy tumours, increased tooth sensitivity, and a higher risk of dental caries. Poor oral hygiene during pregnancy can also affect the overall health of both the mother and the developing foetus.

An ANC camp was organized to create awareness among pregnant women about the relationship between hormonal changes and oral health and to encourage proper oral hygiene practices during pregnancy.

#### **Aim and objective:**

1. To educate pregnant women about the impact of hormonal changes during pregnancy on oral health.
2. To assess the oral health status of patients.
3. To emphasize the importance of regular dental check-ups during pregnancy.

**Method:** Type III Examination -done using mouth mirror and probe

An ANC camp was conducted at the MGM Medical Hospital where pregnant women attending routine check-ups participated in the program.

The following activities were carried out:

- A brief health education session was conducted on the impact of hormonal changes on oral health.

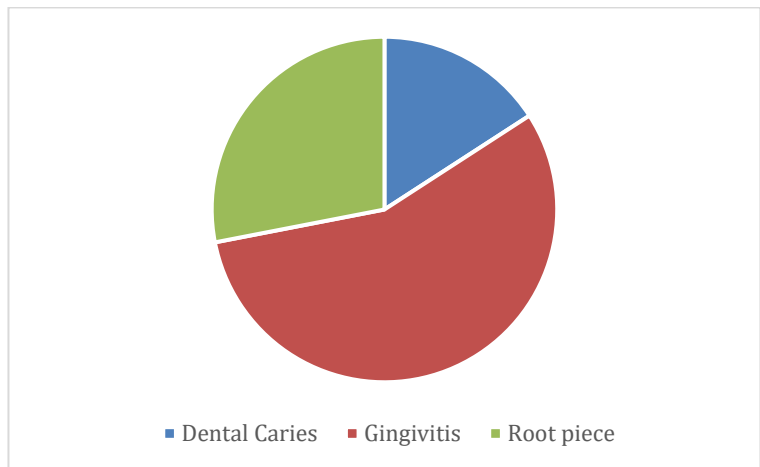
- Information regarding pregnancy gingivitis, gum bleeding, dental caries, and oral hygiene practices was explained.
- Demonstrations on proper brushing techniques and oral hygiene maintenance were provided.
- Oral examinations were performed for participating pregnant women.
- Participants were given advice on diet, oral hygiene practices, and the importance of dental visits during pregnancy.

**Observations:**

1. During the ANC camp, several pregnant women participated in the program. Many participants were not fully aware of the effects of hormonal changes on oral health.
2. A total of 13 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	4	31
Gingivitis	6	46
Root piece	3	23



**Interpretation and conclusion:**

1. The observations from the ANC camp indicate that hormonal changes during pregnancy can significantly influence oral health. The increased levels of estrogen and progesterone may enhance the inflammatory response of gingival tissues to plaque, leading to conditions such as pregnancy gingivitis.
2. The presence of plaque and calculus among many participants suggests inadequate oral hygiene practices and lack of awareness regarding dental care during pregnancy. The educational session helped the participants understand the importance of maintaining good oral hygiene and seeking regular dental care. This highlights the need for continuous oral health education programs for pregnant women.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

**List of Attendees**

Sr. No.	Name of Staff
1.	Dr. Sujata Hirave
2	Dr. Pankaj Londhe
<b>Name of Interns and students</b>	
3	Inash Kharbe
4	Gaurav Katkar
5	Anjali Malpani
6	Pratik Palve