



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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THE ROLE OF NUTRITION IN MAINTAINING HEALTHY TEETH AND GUMS AT ANC CAMP, MGM MEDICAL HOSPITAL, KAMOTHE

Date: 10TH December 2026

Venue: ANC Camp, MGM Medical Hospital, Kamothe

Faculty: Dr. Swati Singh, Dr. Pankaj Londhe.

Organizing Agency: Department of Public Health Dentistry MGMDCH; NSS unit of MGMDCH, Department of Preventive and Social Medicine, MGM Medical College and Hospital, Kamothe, Navi Mumbai.

Number of Students attended: 4

Nutrition plays a vital role in maintaining overall health, including the health of teeth and gums. A balanced diet provides essential vitamins and minerals that help in the proper development and maintenance of oral tissues. Nutrients such as calcium, phosphorus, vitamin D, and vitamin C contribute significantly to the strength of teeth, healthy gums, and resistance to oral infections.

Poor dietary habits, excessive consumption of sugary foods, and nutritional deficiencies can increase the risk of dental caries, gum diseases, and other oral health problems. Pregnant women, in particular, require adequate nutrition not only for their own health but also for the proper development of the foetus.

Considering the importance of nutrition in oral health, the Department of Public Health Dentistry at MGM Dental College and Hospital organized an awareness camp at the ANC Camp Centre of MGM Medical College. The program aimed to educate antenatal patients and community members about the importance of proper nutrition for maintaining healthy teeth and gums.

Aim and Objectives:

- To educate participants about the role of essential nutrients in oral health.
- To promote healthy dietary habits that support strong teeth and healthy gums.
- To create awareness about the harmful effects of excessive sugar consumption on oral health.
- To encourage pregnant women to maintain a balanced diet for their own oral health and for the healthy development of their child's teeth.

Method:

The camp was conducted by a team of faculty members and interns from the Department of Public Health Dentistry of MGM Dental College and Hospital at the ANC Camp Centre of MGM Medical College. Participants attending the antenatal care centre were registered and brief demographic details were collected. Type III oral examinations were performed using sterilized instruments under adequate illumination to identify common dental conditions such as dental caries, gingivitis, and plaque accumulation.

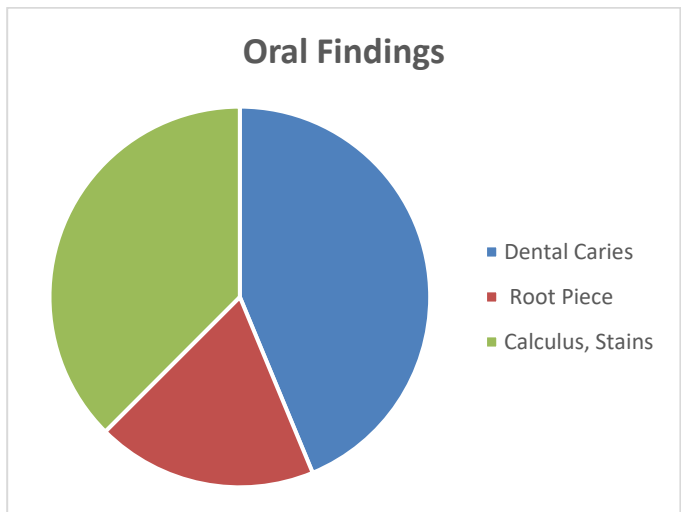
Health education sessions were conducted where participants were informed about the importance of nutrients such as calcium, vitamin D, phosphorus, and vitamin C in maintaining healthy teeth and gums.

Observations: During the camp, a total of 16 individuals were screened. It was observed that many participants had limited knowledge about the relationship between nutrition and oral health. Several participants reported frequent consumption of sugary snacks and beverages, which increases the risk of dental caries.

Some pregnant women were unaware that nutritional deficiencies could affect the health of their gums and the developing teeth of their child. Mild gingivitis, plaque accumulation, and dental caries were commonly observed among the participants.

Oral health status:

Findings	No. of individuals	Percentage %
Dental Caries	7	44
Root Piece	3	19
Calculus, Stains	6	37



Interpretation and conclusion:

The findings from the camp showed that out of 16 individuals, 7 had dental caries, 3 had root pieces and the rest had calculus and stains. It indicated that there is a lack of awareness regarding the role of nutrition in maintaining healthy teeth and gums among many antenatal patients. Poor dietary habits and limited knowledge about essential nutrients contribute to increased oral health problems. Educational programs focusing on nutrition and oral health can significantly improve community awareness and encourage healthier lifestyle choices. Integrating such programs into antenatal care services helps promote both maternal and child health. In conclusion, the camp successfully educated participants about the importance of nutrition in maintaining oral health and encouraged them to adopt balanced dietary practices for stronger teeth and healthier gums.



Investigations done by the Dental Team

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List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Swati Singh
2.	Dr. Pankaj Londhe
Name of Interns & students	
3.	Anish Jain
4.	Shantanu Kurle
5.	Judit Koshi
6.	Sakshi Nanda