



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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THE IMPORTANCE OF REGULAR DENTAL CHECK-UPS AT ANC CAMP, MGM MEDICAL HOSPITAL, KAMOTHE

Date: 12TH December 2026

Venue: ANC Camp MGM Medical Hospital, Kamothe

Faculty: Dr. Mausami Malgaonkar, Dr. Vaibhav Thakkar

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

Oral health is an integral part of overall health and well-being. Regular dental check-ups play a crucial role in the early detection, prevention, and management of oral diseases such as dental caries, gum diseases, and oral infections. Many dental problems develop gradually and may not show noticeable symptoms until they become severe. Therefore, periodic dental examinations help in identifying issues at an early stage and prevent further complications. Pregnant women attending antenatal care (ANC) programs are particularly susceptible to oral health problems due to hormonal changes that may increase the risk of gingivitis and periodontal disease. Despite this, many individuals avoid dental visits unless they experience pain or discomfort.

To address this issue and promote preventive oral health care, the Department of Public Health Dentistry at MGM Dental College and Hospital organized an oral health awareness camp at the ANC Camp Centre of MGM Medical College. The camp focused on educating participants about the importance of regular dental check-ups and maintaining good oral hygiene practices.

Aim and Objectives:

- To educate participants about the benefits of routine dental examinations.
- To promote early detection and prevention of common dental diseases.
- To create awareness about oral health problems that may occur during pregnancy.
- To encourage individuals to seek timely dental care instead of waiting for severe symptoms.

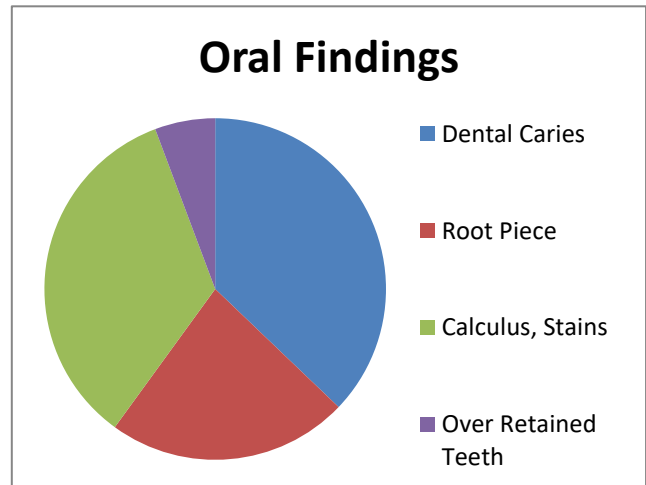
Method:

The camp was conducted by the Department of Public Health Dentistry of MGM Dental College and Hospital at the ANC Camp Centre of MGM Medical College. The program was organized with the participation of faculty members and dental interns. Participants attending the antenatal care centre were registered and basic demographic information was collected. Type III oral examinations were carried out using sterilized instruments under proper illumination to identify dental caries, gum inflammation, plaque accumulation, and other oral conditions. Educational sessions were conducted to explain the importance of regular dental check-ups, proper brushing techniques, and preventive dental care. Participants were informed about the recommended frequency of dental visits and the safety of dental treatment during pregnancy.

Observations: During the camp, a total of 35 individuals were examined. It was observed that many participants had never visited a dentist unless they experienced severe tooth pain. A majority of the antenatal patients were unaware that routine dental check-ups could help prevent oral diseases and detect problems at an early stage. Some participants believed that dental treatment should be avoided during pregnancy due to fear of harm to the fetus. Mild gingivitis, plaque accumulation, and dental caries were commonly observed during the oral examinations. However, after the awareness session, many participants showed increased interest in maintaining oral hygiene and expressed willingness to undergo regular dental check-ups in the future.

Oral health status:

Oral Findings	No. of individuals	Percentage %
Dental Caries	13	37
Root Piece	8	23
Calculus, Stains	12	34
Over Retained Teeth	2	6



Interpretation and conclusion:

The camp revealed that out of 35 individuals, 13 had dental caries, 2 had over retained deciduous teeth, 8 had root pieces and others had calculus and stains. It was observed that there is limited awareness regarding the importance of regular dental check-ups among the community, particularly among antenatal patients. Misconceptions and lack of knowledge often lead individuals to neglect preventive dental care until symptoms become severe. In conclusion, the camp successfully highlighted the importance of regular dental check-ups and preventive oral care.



Investigations done by the Dental Team



Investigations done by the Dental Team

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Mausami Malgaonkar
2.	Dr. Vaibhav Thakkar
Name of Interns & students	
3.	Prapti Kapse
4.	Gayatri Patil
5.	Saket Game
6.	Gaurav Katkar