



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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AWARENESS ON THE IMPACT OF EATING DISORDERS ON ORAL HEALTH AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE

Date: 15th 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

Awareness regarding the impact of eating disorders on oral health is a critical component of prenatal care. Conditions such as Anorexia Nervosa and Bulimia Nervosa can lead to severe dental complications due to nutritional deficiencies and frequent acid exposure from vomiting. Expectant mothers are particularly vulnerable as hormonal changes already predispose them to gingival issues. MGM Dental College constantly takes efforts to extend oral health care to the community. This initiative was extended to the patients at the ANC Camp at MGM Medical Hospital, Kamothe, with the intention of creating awareness about the oral manifestations of eating disorders and providing essential oral health screenings.

Aim and objective:

1. To educate expectant mothers about the detrimental effects of eating disorders on oral tissues.
2. To assess the oral health status of patients attending the ANC camp.
3. To provide guidance on preventive measures and oral hygiene maintenance during pregnancy.

Method: Type III examination was done using mouth mirror and explorer with proper illumination for 34 patients was done.

1. Patients were explained the relationship between eating disorders and dental health. Raising awareness was achieved through a combination of strategies such as:
2. One-on-one educational counseling.
3. Visual aids and charts demonstrating enamel erosion and gingival inflammation.
4. Instruction on acid neutralization techniques (e.g., rinsing with baking soda/water after acid exposure).

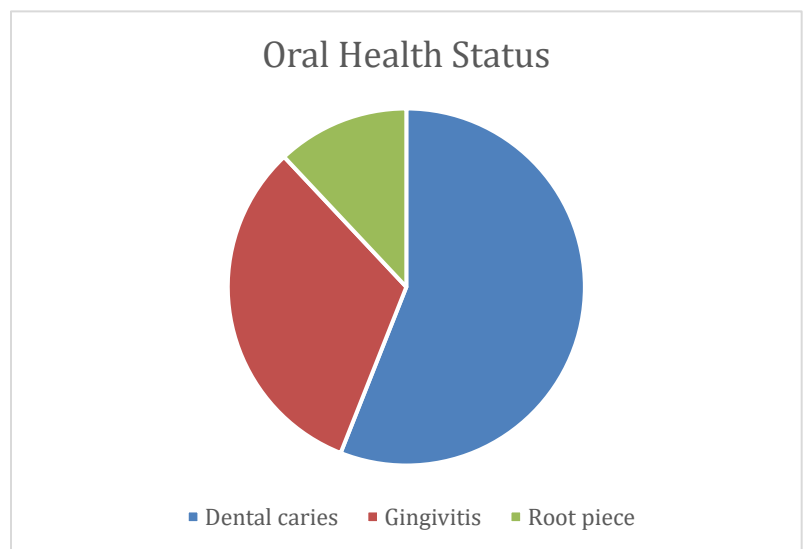
5. After the awareness program, oral examination was conducted for the patients. All patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of existing dental problems and preventive measures were explained

Observations:

1. Many patients were unaware that frequent acid exposure from vomiting can lead to irreversible enamel erosion and increased tooth sensitivity.
2. A total of 34 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	19	56
Gingivitis	11	32
Root piece	4	12
Prosthesis	0	0



Interpretation and conclusion:

Total of 34 patients were examined out of which 56% were dental caries , 11% gingivitis, 4% root piece,0% prosthesis.

1. By combining education with screening, we can create a multifaceted approach that empowers expectant mothers to seek help for both their nutritional and dental health.
2. Dental caries and gingivitis remain common, but specific patterns of erosion highlight the need for targeted awareness regarding eating disorders.
3. Early detection and multidisciplinary intervention involving dentists, obstetricians, and counselors are essential to reduce the disease burden and ensure better maternal and neonatal outcomes.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Sr. No.	Name of Staff
1.	Dr. Sujata Hirave
2.	Dr. Pankaj Londhe
Name of Interns and students	
3.	Pratiksha Mali
4.	Sandra Nair
5.	Vaidehi Deshpande
6.	Jagruti Gaikwad