



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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AWARENESS ON IMPORTANCE OF FLUORIDE AND PREVENTIVE CARE IN PREGNANCY AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE

Date: 17 December 2025

Venue: MGM Medical Hospital, Kamothe, Navi Mumbai

Faculty: Dr. Mausami Malgaonkar, 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: 3

Pregnancy brings hormonal changes that increase the risk of Pregnancy Gingivitis and dental decay. Maintaining oral health is vital, as maternal gum disease is often linked to adverse birth outcomes like pre-term birth. This awareness program focuses on the role of fluoride in strengthening enamel and the importance of preventive care to reduce bacterial transmission from mother to child. By educating expectant mothers at the ANC camp, we aim to ensure both maternal well-being and a healthy start for the newborn.

Aim and objective:

1. To educate expectant mothers about the role of fluoride in strengthening enamel and preventing dental caries.
2. To provide information on preventive oral care to reduce the risk of pregnancy gingivitis and periodontitis.
3. To assess the oral health status of pregnant women (ANC patients) and provide necessary referrals.

Method:

Type III examination was done using mouth mirror and explorer under proper illumination for 24 patients.

1. Patients were educated through interactive sessions regarding the safety and benefits of fluoride during pregnancy. The "Prevention is Better than Cure" approach was highlighted through several strategies:
2. Visual Aids: Use of posters demonstrating the impact of fluoride on tooth remineralization.
3. Demonstration: Correct brushing techniques and the use of fluoridated toothpaste.
4. Dietary Counseling: Information on sugar consumption and its effect on oral pH.
5. Myth Busting: Addressing concerns regarding the safety of dental procedures during the second trimester.

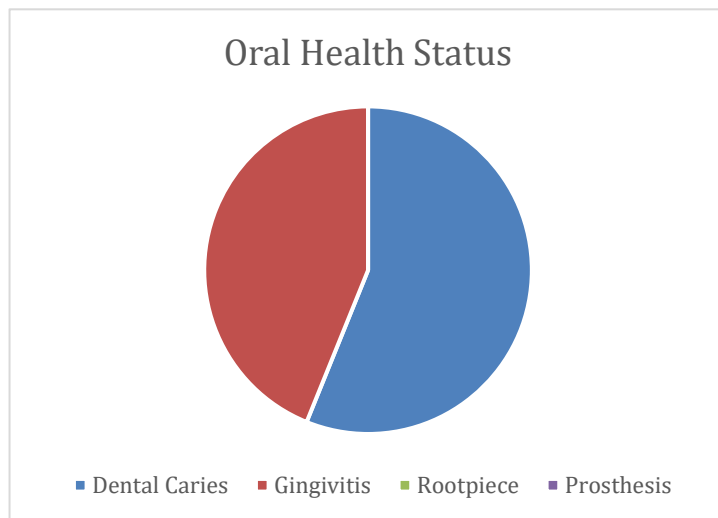
6. After the awareness program, a preliminary oral examination was conducted using sterile diagnostic kits/ice-cream sticks. All patients were assessed for oral hygiene status and advised on the importance of maintaining gum health to prevent systemic complications like Pre-term Low Birth Weight (PLBW).

Observations:

1. Hormonal changes during pregnancy were found to be a significant factor in increased gingival sensitivity among the participants.
2. A total of 24 ANC patients were examined. Those requiring professional scaling or restorative treatment were referred to MGM Dental College and Hospital.

Oral Health Status

Condition	No. of individuals	Percentage %
Dental caries	23	55
Gingivitis	18	43
Root piece	1	0
Prosthesis	0	0



Interpretation and conclusion:

Total of 24 patients were examined out of which 55% were dental caries , 18% gingivitis, 1% root piece,0% prosthesis.

Preventive Focus: By educating mothers, we create a ripple effect; a healthy oral environment in the mother reduces the transmission of cariogenic bacteria to the newborn.

Prevalence: Gingivitis remains the most common oral health issue among pregnant women in this group, primarily due to hormonal surges and inadequate plaque control.

Conclusion: Routine dental check-ups and the use of fluoride should be integrated into standard prenatal care protocols to ensure better maternal and neonatal health outcomes.



INVESTIGATION BEING DONE BY THE TEAM MEMBER



List of Attendees

Sr. No.	Name of Staff
1.	Dr. Mausami Malgaonkar
2.	Dr. Pankaj Londhe
Name of Interns and students	
3.	Apeksha Sanghavi
4	Vaidehi Deshpande
5	Jagruti Gaikwad