



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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EDUCATING PROPER BRUSHING AND FLOSSING TECHNIQUE DURING PREGNANCY AT ANC CAMP MGM MEDICAL COLLEGE & HOSPITAL

Date: 19th December 2025

Venue: AT ANC CAMP MGM MEDICAL COLLEGE & HOSPITAL

Faculty: Dr. Kashmira kadam, Dr. Pankaj Londhe

Organizing Agency : Department of public health dentistry MGDCH, NSS unit of MGDCH, Department of Preventive and Social Medicine, MGM MEDICAL COLLEGE & HOSPITAL, Kamothe

Number of Students attended: 3

Pregnancy causes hormonal changes that can affect oral health. Increased levels of hormones may make gums more sensitive and prone to inflammation. As a result, pregnant women are at higher risk of developing conditions such as **Pregnancy Gingivitis** and **Dental Caries**. Educating pregnant women about proper brushing and flossing techniques is important to maintain oral hygiene and prevent dental problems. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the patients at ANC Camp at MGM Medical Hospital, Kamothe with the intention of creating awareness about use of Eco- Friendly Oral Hygiene Products and providing oral health care to the patients.

Aim and Objective:

- To understand the causes of **Morning Sickness** during pregnancy.
- To identify the effects of stomach acid on tooth enamel.
- To educate pregnant women about preventive oral care practices.
- To reduce the risk of **Dental Erosion** and other oral problems.

Method to Examine Patients:

Type III Examination which was done using mouth mirror and explorer with adequate illumination of 24 patients. Patients were educated proper brushing and flossing technique during pregnancy such as avoiding dental visits,

fear of dental X-rays, and the belief that dental treatment can harm the baby. The patients were informed that most dental procedures are safe during pregnancy when proper precautions are taken.

Awareness was created through:

- Educational interaction with patients
- Discussion about importance of maintaining oral hygiene during pregnancy
- Counseling regarding diet and oral hygiene practices

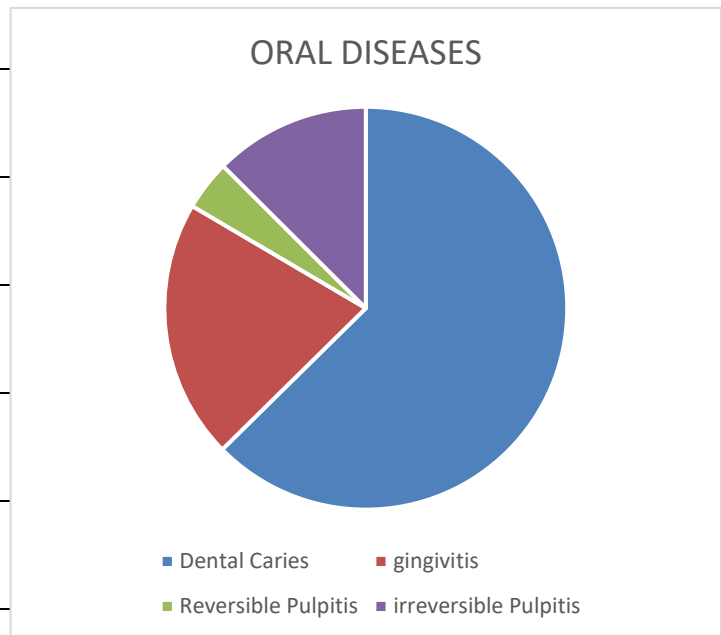
After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. Preventive measures and treatment options were also explained.

Observations:

Many pregnant women were unaware that dental treatment during pregnancy is safe and necessary. A total of 24 patients were examined for various dental problems. Most of the patients presented with dental caries and gingival inflammation. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

ORAL HEALTH STATUS:

Sr.no.	Oral diseases	No. Of patients	Percentage
1.	Dental Caries	15	62.5%
2.	Gingivitis	5	20.8%
3	Reversible pulpitis	1	4%
4.	Irreversible pulpitis	3	12.5%



TOTAL PATIENTS SCREENED-24

Interpretation and Conclusion:

The Pie Chart represents that 62.5% of the patients have dental caries, 20.8% gingivitis, 4% Reversible pulpitis, 12.5% have got Irreversible pulpitis.

Maintaining good oral hygiene during pregnancy is important for the health of both the mother and the baby. Proper brushing and flossing techniques help prevent oral problems such as **Pregnancy Gingivitis**, **Dental Caries**, and **Periodontitis**. Educating pregnant women about correct oral hygiene practices and encouraging regular dental check-ups can help reduce the risk of dental complications and promote overall well-being during pregnancy.



Investigation done by the dental team at ANC camp

Sr.no.	Attendees
Name of staff	
1.	Dr. Kashmiri Kadam
2.	Dr. Pankaj Londhe
Name of Interns & Students	
1.	Aachal Rathi
2.	Rinal Bagdiya
3.	Jagruti Soni