



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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EDUCATING MORNING SICKNESS & ITS IMPACT ON ORAL HEALTH (ACID EROSION) AT ANC CAMP MGM MEDICAL COLLEGE & HOSPITAL

Date: 22nd December 2025

Venue: ANC CAMP MGM MEDICAL COLLEGE & HOSPITAL

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

Number of Students attended: 3

Morning sickness is a common condition experienced by many pregnant women, especially during the first trimester. It is characterized by nausea and vomiting due to hormonal changes during pregnancy. Frequent vomiting exposes the teeth to stomach acids, which can damage the enamel and lead to **Dental Erosion**. Therefore, it is important to understand the impact of morning sickness on oral health and adopt preventive measures. 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 educating morning sickness & its impact on oral health (acid erosion) 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

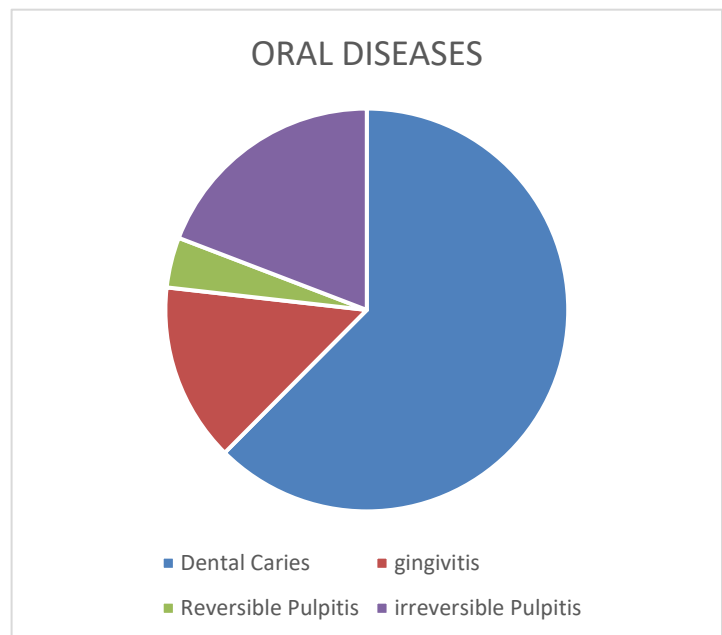
After the awareness program, oral examination was conducted using ice-cream sticks for the patients. All the patients were assessed for oral health status and were explained the need to get the problems corrected. Preventive measures and treatment options were also explained.

OBSERVATION:

Many pregnant women were unaware that dental treatment during pregnancy is safe and necessary. A total of 21 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	13	61.9%
2.	Gingivitis	3	14.2%
3	Reversible pulpitis	1	4%
4.	Irreversible pulpitis	4	19%



Interpretation and Conclusion:

The Pie Chart represents that 61.9% of the patients have dental caries, 14.2% gingivitis, 4% Reversible pulpitis, 19% have got Irreversible Pulpitis.

The findings show that frequent vomiting associated with **Morning Sickness** exposes teeth to gastric acids. These acids gradually dissolve the protective enamel layer, leading to **Dental Erosion**. If proper oral hygiene and preventive measures are not followed, pregnant women may also develop problems such as tooth sensitivity and **Dental Caries**. Education about correct oral care practices can significantly reduce these risks.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

Sr.no.	Attendees
Name of staff	
1.	Dr. Sujata Hirave
2.	Dr. Pankaj Londhe
Name of Interns & Students	
3.	Aachal Rathi
4.	Vaishnavi Yerne
5.	Jagrithi Soni