



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
Plot No. 1 & 2 Sector-01 (Old 18 & 19),  
Kamothe, Navi Mumbai- 410209  
E-Mail ID: [mgmdch@mgmmumbai.ac.in](mailto:mgmdch@mgmmumbai.ac.in)



### **ORAL HEALTH CONCERNS DURING PRE-MENOPAUSE AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE**

**Date: 2<sup>nd</sup> January 2026      Venue: MGM Medical Hospital, Kamothe, Navi Mumbai**

**Faculty Incharge -Dr. Kashmira Kadam, 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**

#### **Introduction**

Pre-menopause is the transitional period before menopause when hormonal fluctuations begin to occur in women, usually between the ages of 40 and 50. These hormonal changes, particularly fluctuations in estrogen and progesterone levels, can affect multiple systems in the body, including oral health. Dental professionals should be aware of these changes to provide appropriate preventive care and management for women during this stage. MGM Dental college constantly takes efforts of extending the oral health care to community. The oral care initiative was also extended to patients at ANC camp at MGM Medical hospital, kamothe with intention of creating awareness about ORAL HEALTH CONCERNS DURING MENOPAUSE.

#### **Common Oral Health Concerns During Pre-Menopause**

1. Gingivitis and Periodontal Disease.
2. Dry Mouth (Xerostomia)
3. Burning Mouth Syndrome
4. Altered Taste sensation
5. Increased Risk of Dental Caries

## 6. Osteoporosis and Alveolar Bone Loss

### Aim and Objectives:

- 1.To educate pregnant ladies about effects of premenopause on oral health
- 2.To assess overall health status of patients
- 3.To encourage healthy dietary choices that support dental health

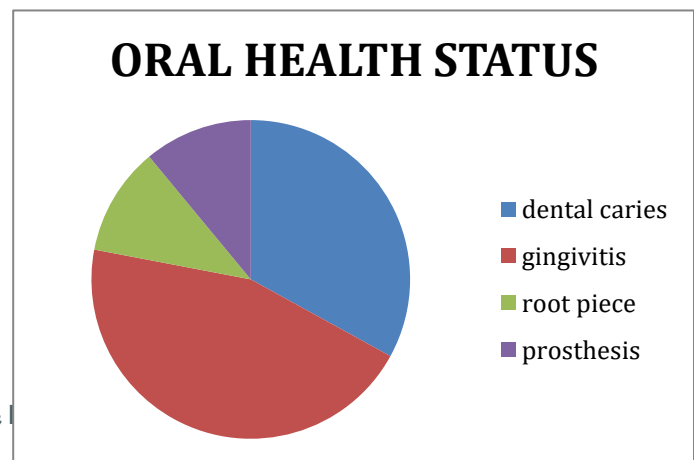
### Method -Type III Examination

Oral health screening of pregnant ladies was done with mouth mirror and explorer and they were explained about effects of pre menopause on oral health and various oral health practices were suggested as below

- brushing twice daily and flossing.
- Regular dental check-ups and professional cleanings.
- Management of dry mouth through saliva substitutes or increased hydration.
- Fluoride treatments to reduce the risk of dental caries.
- Monitoring periodontal health closely during this phase.
- Avoid tobacco and excessive alcohol consumption.
- Maintain a balanced diet rich in calcium and vitamin D.

**Observation-** A total of 27 patients were examined for various dental problems Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Conditions	No. of individuals	Percentage
Dental caries	9	33%
Gingivitis	12	45%
Root piece	3	11%



Prosthesis	3	11%
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**Interpretation:**

Gingivitis is most common problem among the patients with total of 45% followed by dental caries 33%, root piece 11%% ,prosthesis 11%.

Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients.

**Conclusion**

Pre-menopause is a critical stage in a woman’s life marked by hormonal changes that can significantly affect oral health. Awareness, early diagnosis, and preventive dental care are essential to maintain oral health and overall well-being during this transitional phase.

Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these pregnant ladies and their better well being



ORAL EXAMINATION DONE AT CAMP SITE BY THE TEAM MEMBER

**List of Attendees**

Sr. No	List of Participants
Name of faculty	
1	Dr.Kashmira Kadam
2.	Dr. Pankaj Londhe

<b>Name of Interns &amp; Students</b>	
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1.	Sakshi Kakkad
2.	Afreen Momin
3.	Muskan sayed
4.	Tejasvi Singh