



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
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HOW MEAL TIMING IMPACTS TOOTH DECAY AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE

Date: 26th 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: 4

Diet plays a major role in the development of dental caries. While the type of food consumed is important, the timing and frequency of meals also significantly influence oral health. Frequent snacking and irregular meal timings can increase the risk of tooth decay by exposing teeth to acids produced by bacteria for longer durations. MGM Dental College constantly takes efforts in extending oral health care to the community. The oral care initiative was extended to the patients at ANC Camp at MGM Medical Hospital, Kamothe with the intention of creating awareness about the impact of meal timing on tooth decay..

Aim and objective:

1. To educate patients about the relationship between meal timing and tooth decay.
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

Method:

Type III examination was done for about 25 patients using mouth mirror and explorer.

Patients were explained how frequent eating and irregular meal timing can increase the risk of dental caries. They were encouraged to maintain proper meal timings and reduce frequent snacking between meals.

Awareness was created through:

- Educational interaction with patients
- Diet counseling regarding healthy eating habits

- Discussion on limiting sugary snacks and drinks

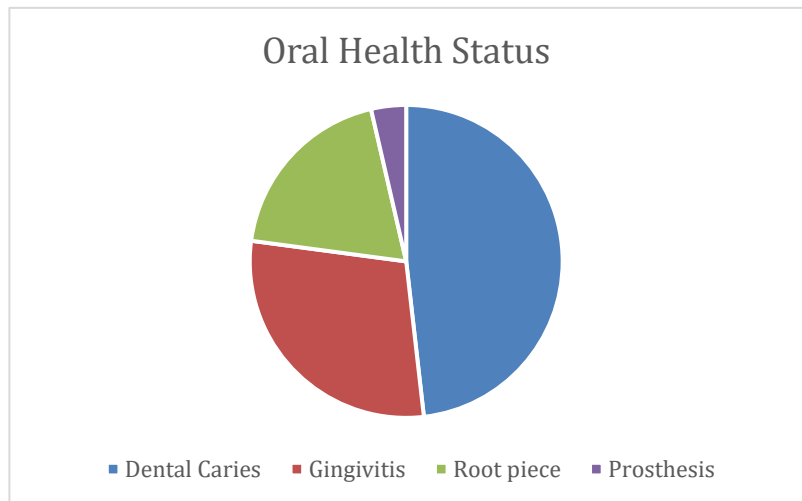
After the awareness program, oral examination was conducted using ice-cream sticks. The patients were assessed for oral health status and informed about existing dental problems. Preventive measures such as brushing twice daily and reducing sugar intake were explained.

.Observations:

Many patients were unaware that frequent snacking and irregular meal patterns contribute significantly to tooth decay. A total of _ patients were examined. Dental caries was the most commonly observed condition among the patients. Those requiring further treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral Health Status

Condition	No. of individuals	Percentage %
Dental caries	10	40
Gingivitis	6	24
Root piece	4	16
Prosthesis	5	20



Interpretation and conclusion:

1. The graphical representation shows that about 40% of patients have dental caries, 24% gingivitis, 16% root pieces, 20% prosthesis.
2. It was observed that many patients had the habit of frequent snacking between meals.
3. Patients were largely unaware that the timing and frequency of food intake play an important role in the development of tooth decay.
4. Frequent eating exposes the teeth to acid attacks for a longer duration, leading to demineralization of enamel.



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.	Shabee Khan
4.	Shreya
5.	Reya
6.	Vaibhavi