



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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IMPACT OF NIGHT-TIME SNACKING ON ORAL HEALTH AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE

Date: 31st December 2025

Venue: MGM Medical Hospital, Kamothe, Navi Mumbai

Faculty: Dr. Swati Singh, 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: 2

Night-time snacking is a common habit that can negatively affect oral health. When food is consumed late at night, the saliva flow decreases during sleep, which reduces the natural cleansing mechanism of the mouth. This increases the risk of plaque accumulation and dental caries. 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 harmful effects of night-time snacking on oral health.

Aim and objective:

1. To educate patients about the impact of night-time snacking on oral health.
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

Method:

Type III examination was done using mouth mirror and explorer for 8 patients.

Patients were educated about how night-time snacking increases the risk of tooth decay and gum disease. They were encouraged to avoid eating late at night and to maintain proper oral hygiene before going to sleep.

Awareness strategies included:

- Educational interaction with patients
- Counseling on healthy dietary habits

- Discussion about the importance of brushing before bedtime

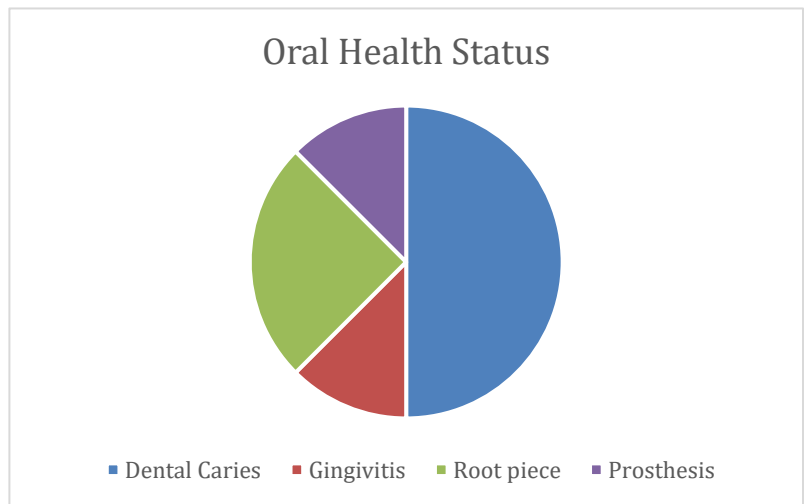
After the awareness program, oral examination was conducted using ice-cream sticks. Patients were assessed for oral health status and informed about their dental conditions. Preventive measures and oral hygiene instructions were explained.

Observations:

Many patients reported frequent night-time snacking habits. A total of 8 patients were examined. Dental caries and gingivitis were commonly observed among the patients. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral Health Status

Condition	No. of individuals	Percentage %
Dental caries	4	50
Gingivitis	1	12.5
Root piece	2	25
Prosthesis	1	12.5



Interpretation and conclusion:

1. The graphical representation shows that about 50% of the patients examined have got dental caries, 12.5% gingivitis, 25% root pieces, 12.5% have got prosthesis in their oral cavity.
2. During night time, salivary flow decreases, which reduces the natural cleansing action of the mouth.
3. The acid attack results in demineralization of enamel, increasing the chances of tooth decay.
4. The awareness program highlighted the negative impact of night-time snacking on oral health. Reducing late-night eating habits and maintaining good oral hygiene practices can significantly reduce the risk of dental diseases. Continuous oral health education programs are essential to promote healthier lifestyle habits.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

LIST OF ATTENDEES

Sr. No.	Name of Staff
1.	Dr. Swati Singh
2.	Dr. Pankaj Londhe
Name of Interns and students	
1.	Sakshi Kakkad
2.	Anjali Jadhav
5.	Himanshu Pawar
6.	Gaurav Katkar