



## 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  
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### **AWARENESS ON ORAL HEALTH AND LOW BIRTH WEIGHT/PRETERM DELIVERY AT ANC CAMP AT MGM HOSPITAL**

**Date:**3rd September 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:** 3

Poor oral health, particularly periodontal disease, is associated with an increased risk of low birth weight and preterm delivery. This is because bacteria and inflammatory markers from oral infections can enter the bloodstream and reach the placenta, potentially triggering an inflammatory response that leads to premature birth or restricted fetal growth. Maintaining good oral hygiene during pregnancy through regular brushing, flossing, and professional dental checkups is crucial for improving maternal and infant health outcomes. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to pregnant women at ANC Camp MGM Medical Hospital, Kamothe with the intention of creating awareness on oral health and low birth weight/preterm delivery.

#### **Aim and Objectives:**

- To educate the general population about the link between oral health and low birth weight/preterm delivery
- To provide free dental checkups
- To assess the overall oral health status of the participating individual.

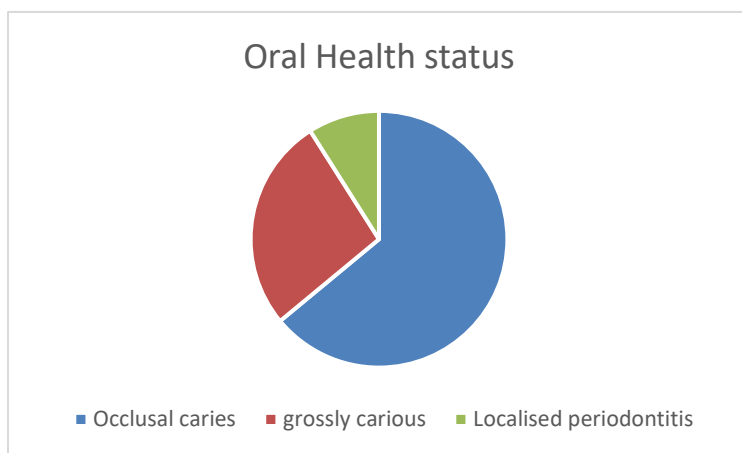
## Method:

Type III examination was conducted using mouth mirror, explorer, good illumination to assess their oral health status. Following the evaluation, the patients were provided with information on how to address any identified dental issues. The patients were explained various common oral lesion caused due to use of tobacco with the help of banners and charts .To enhance their understanding about regular visit to a dentist for check-up, engaging videos were shown that illustrated the progression of oral lesions and highlighted preventive measures. Additionally, a demonstration of proper brushing techniques was conducted using a model, The initiative also included discussions about the importance of regular dental check-ups , further reinforcing the message of comprehensive oral health care.

**Observations:** A total of 11 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

## Oral health status:

| Condition               | No. of individuals | Percentage % |
|-------------------------|--------------------|--------------|
| Occlusal caries         | 7                  | 64           |
| Grossly carious         | 3                  | 27           |
| Localised Periodontitis | 1                  | 9            |



## Interpretation and conclusion:

Dental Caries (64% occlusal caries and 27% grossly carious) is the most common problem among the people followed by localised periodontitis. (9%)

Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these populations. Poor oral health (e.g., untreated gum disease) can raise inflammation and increase the risk of preterm birth and low-birth-weight babies. Regular dental check-ups, good hygiene, and a balanced diet help protect both mother and baby.



INVESTIGATION AND TREATMENT DONE BY  
TEAM MEMBERS AT CAMP SITE

## List of Attendees

| Sr. No                                | List of Participants   |
|---------------------------------------|------------------------|
| <b>Name of faculty</b>                |                        |
| 1                                     | Dr. Mausami Malgaonkar |
| 2.                                    | Dr. Pankaj Londhe      |
| <b>Name of Interns &amp; Students</b> |                        |
| 3.                                    | Preeti Chiluka         |
| 4.                                    | Ismail Inamdar         |
| 5.                                    | Himanshu Jadhav        |