



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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LINK BETWEEN MATERNAL ORAL HEALTH AND INFANT HEALTH AT ANC CAMP

Date: 10th SEPT 2025

Venue: MGM Medical Hospital, Kamothe, Navi Mumbai

Faculty: Dr. Vaibhav Thakkar.

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:

Maternal oral health, particularly conditions like periodontal (gum) disease and dental caries, plays a critical role in influencing pregnancy outcomes and the early oral health of infants. Pregnancy induces hormonal changes that heighten susceptibility to gingivitis and periodontitis, affecting up to 60-75% of pregnant women. Poor maternal oral hygiene can lead to systemic inflammation, bacterial dissemination, and vertical transmission of cariogenic bacteria such as *Streptococcus mutans* to the infant. This connection has implications for adverse birth outcomes (e.g., preterm birth [PTB] and low birth weight [LBW]) and early childhood caries (ECC), a major chronic condition in children. Recent systematic reviews, meta-analyses, and guidelines emphasize integrating oral health into prenatal and perinatal care to mitigate these risks.

At the ANC Camp conducted at MGM Medical Hospital, routine oral screening was carried out to identify common dental problems and create awareness about maintaining good oral hygiene practices during pregnancy.

Aim and objective:

1. To evaluate the established associations between maternal oral health status during pregnancy and key infant health outcomes, including birth complications and early oral disease risk.
2. To assess the relationship between maternal periodontal disease and adverse pregnancy outcomes such as PTB and LBW.
3. To examine the vertical transmission of cariogenic bacteria from mother to child and its impact on ECC.
4. To educate patients on the importance of maintaining oral hygiene during pregnancy.
5. To guide mothers on promoting oral health within the family.

Method:

Oral screening was conducted using Type III examination, which includes the use of a mouth mirror, probe, and adequate illumination. Each patient was assessed for dental caries, gingival health, deposits, and other oral conditions.

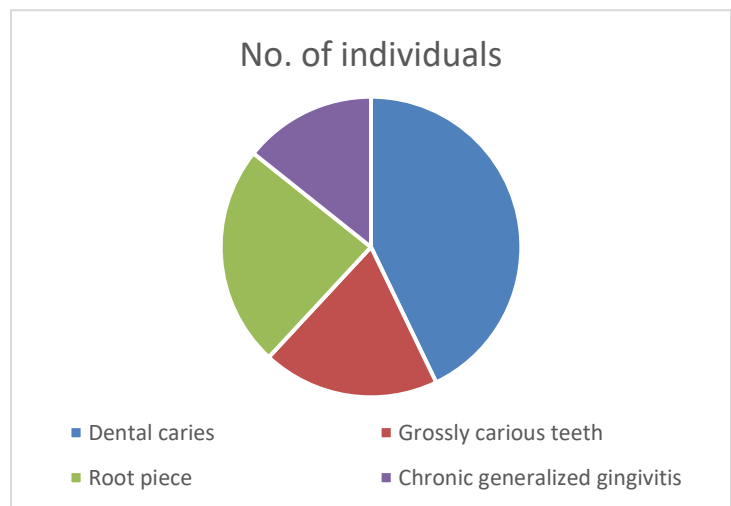
After the examination, the findings were explained to the patients in the simple language. They were educated about the importance of maintaining oral hygiene during pregnancy and advised about appropriate treatment needs. Preventive measures, such as correct brushing techniques, dietary modifications and the importance of regular dental check ups, were also discussed.

Observations:

Many expectant mothers were unaware that pregnancy increases the risk of gingivitis and dental caries due to hormonal changes. A total of 21 patients were examined at the camp. Those requiring extensive treatment were referred to MGM Dental College and Hospital.

Oral Health Status

Condition	No. of individuals	Percentage %
Dental caries	9	43
Grossly carious teeth	4	19
Root piece	5	24
Chronic generalized gingivitis	3	14



Interpretation and conclusion:

1. A total of 21 patients were assessed, among whom 9 (43%) had dental caries, 4 (19%) were grossly carious, 5 (24%) had root pieces, and 3 (14%) presented with chronic generalised gingivitis, indicating a high over all burden of untreated dental disease and the need for improved oral hygiene awareness during pregnancy.

2. Oral health education for expectant mothers is crucial to ensure both maternal and child oral well-being. Good maternal oral health reduces the risk of transmitting cariogenic bacteria to the child.
3. Gingivitis was the most common condition among the expectant mothers, highlighting the need for routine dental check ups during pregnancy.
4. Family-oriented oral health education should be made a regular part of ANC visits so that mothers can adopt preventive oral health behaviors and pass them on to their families.
5. With proper awareness and preventive strategies, many oral health issues during pregnancy can be avoided.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Sr. No.	Name of Staff
1.	Dr. Vaibhav Thakkar
Name of Interns and students	
2.	Prachi Chayal
3.	Jhanvi Deshmukh
4.	Muskan Agarwal
5.	Sutosh Desale