



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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### **HOW TO CREATE A BALANCED ORAL HYGIENE ROUTINE AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE**

**Date: 5<sup>th</sup> 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**

Antenatal Care (ANC) refers to the health services provided to pregnant women to monitor and promote the well-being of both the mother and the foetus during pregnancy. During pregnancy, hormonal changes can increase the risk of oral health problems such as Pregnancy Gingivitis, Dental Caries, and Periodontal Disease. Many pregnant women experience gum swelling, bleeding, and tooth sensitivity due to increased hormone levels and changes in dietary habits. Poor oral hygiene during pregnancy may lead to infections and discomfort, affecting the mother's overall health.

Therefore, educating pregnant women at the ANC centre about maintaining a balanced oral hygiene routine is essential to prevent oral diseases and promote healthy pregnancy outcomes.

#### **Aim and objective:**

1. To promote and maintain good oral hygiene practices among pregnant women attending the ANC centre.
2. To increase awareness among pregnant women about the importance of oral hygiene during pregnancy.
3. To educate ANC patients about proper brushing, flossing, and mouth rinsing techniques.
4. To identify common oral health problems among ANC patients.
5. To promote regular dental check-ups during pregnancy.

**Method:** Type III examination – Mouth Mirror And Probes used

The following methods were used at the ANC centre to promote a balanced oral hygiene routine:

**1. Health Education Session**

Pregnant women attending the ANC clinic were given information about oral health and the importance of maintaining good hygiene during pregnancy.

**2. Demonstration**

Proper tooth brushing and flossing techniques were demonstrated using educational materials or models.

**3. Individual Counselling**

Pregnant women were counselled about healthy diet, reducing sugary food intake, and maintaining regular oral hygiene habits.

**4. Interaction and Questioning**

Patients were asked about their daily oral hygiene routine, such as brushing frequency, dental visits, and oral health problems.

**5. Distribution of Health Advice**

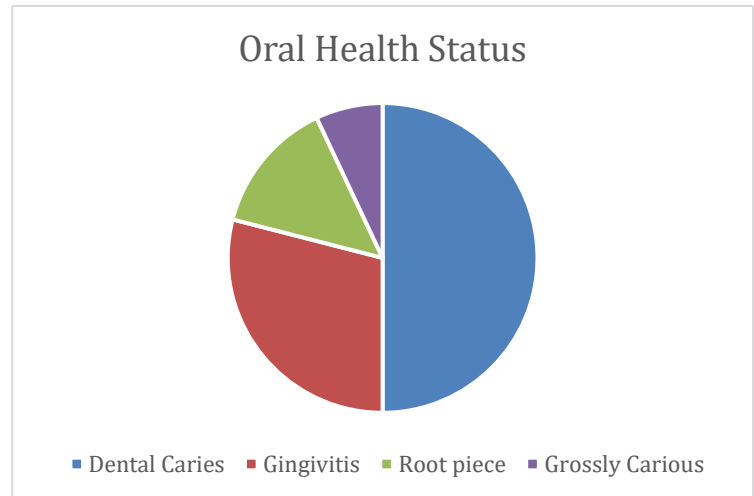
Simple instructions on oral hygiene practices were provided to help patients maintain good oral health at home.

**Observations:**

1. During the session at the ANC centre, the following observations were made:
  - Many pregnant women complained of bleeding gums and gum swelling, which are common symptoms of Pregnancy Gingivitis.
  - Some women were not aware of the importance of oral hygiene during pregnancy.
  - A number of patients reported brushing only once daily and rarely using dental floss.
  - After the education session, the participants showed improved understanding of the importance of oral hygiene and expressed willingness to follow the recommended routine.
2. A total of 26 patients 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 %
Dental caries	13	50
Gingivitis	7	29
Root piece	4	14
Grossly carious	2	7



### Interpretation and conclusion:

1. The observations suggest that many ANC patients have limited knowledge about oral hygiene during pregnancy. Hormonal changes combined with poor oral hygiene practices may increase the risk of gum disease and tooth decay. Health education at the ANC centre plays a vital role in improving awareness and encouraging positive oral hygiene habits.
2. Creating a balanced oral hygiene routine for pregnant women attending the ANC centre is essential for preventing oral health problems. Practices such as brushing twice daily, flossing, maintaining a healthy diet, and visiting a dentist regularly can significantly improve oral health during pregnancy.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

### List of Attendees

<b>Sr. No.</b>	<b>Name of Staff</b>
<b>1.</b>	Dr. Mausami Malgaonkar
<b>2.</b>	Dr. Pankaj Londhe
<b>Name of Interns and students</b>	
<b>3.</b>	Shantanu Kurle
<b>4.</b>	Anish Jain
<b>5</b>	Jinay Punamiya
<b>6.</b>	Shruti Pingale