



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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### INTEGRATING ORAL HEALTH AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE, NAVI MUMBAI

Date: 12<sup>th</sup> 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: 4

#### INTRODUCTION:

Oral health is an essential component of overall health and well-being, yet it is frequently overlooked in routine antenatal care. Pregnancy increases the risk of gingivitis, periodontitis, and dental caries due to hormonal changes, altered immunity, and dietary shifts. Poor maternal oral health is linked to adverse pregnancy outcomes (e.g., preterm birth, low birth weight) and increased risk of early childhood caries in infants through vertical bacterial transmission. Despite clear evidence and guidelines from organizations like ACOG, CDC, ADA, and others, integration of oral health screening, education, and referral into ANC remains inconsistent globally. Barriers include provider knowledge gaps, lack of referral pathways, access issues, and misconceptions about dental care safety during pregnancy. Integrating oral health into ANC offers a low-cost, high-impact opportunity to improve maternal and infant outcomes.

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 synthesize evidence, guidelines, and practical strategies for effectively integrating oral health assessment, education, and care into routine antenatal services.
2. To review major clinical guidelines and recommendations for oral health in pregnancy.

3. To identify benefits, barriers, and successful integration models.
4. To outline actionable steps for antenatal providers, dental professionals, and health systems to promote seamless integration.

**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.

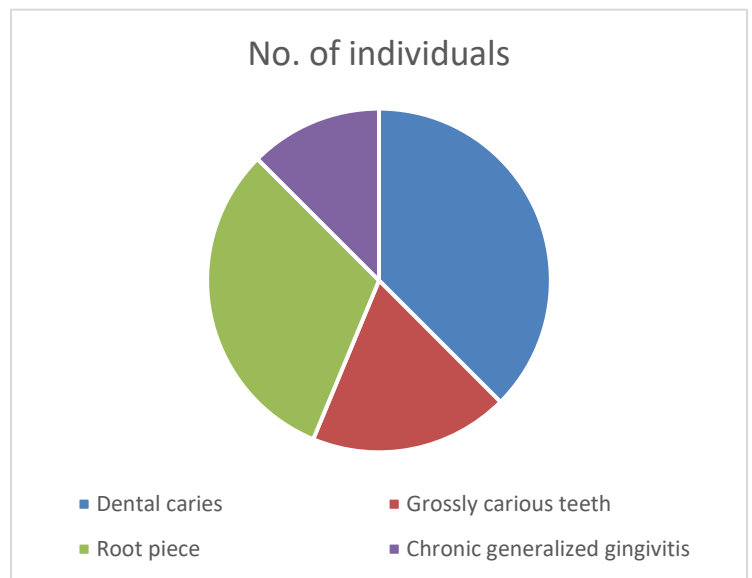
After the examination, the findings were explained to the patients in the simple language. They were educated about the importance of maintaining oral hygiene during pregnancy and advised about appropriate treatment needs. Preventive measures, such as correct brushing techniques, dietary modifications 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 16 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	6	37
Grossly carious teeth	3	19
Root piece	5	31
Chronic generalized gingivitis	2	13



## Interpretation and conclusion:

1. A total of 16 patients were assessed, among whom 6 (37%) had dental caries, 3 (19%) were grossly carious, 5 (31%) had root pieces, and 2 (13%) presented with chronic generalised gingivitis, indicating a high overall 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**

<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>	Janhavi Deshmukh
<b>4.</b>	Prachi Chayal
<b>5.</b>	Neha Mishra
<b>6.</b>	Ruchika Nimje