



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

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Plot No. 1 & 2 Sector-01 (Old 18 & 19),  
Kamothe, Navi Mumbai- 410209  
E-Mail ID: mgmdch@mgmmumbai.ac.in



### **EARLY INTERVENTION TO REDUCE ORAL HEALTH RISK IN INFANTS AT MGM MEDICAL HOSPITAL, KAMOTHE, NAVI MUMBAI**

**Date: 15<sup>th</sup> September 2025**  
**Mumbai**

**Venue: MGM Medical Hospital, Kamothe, Navi**

**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:**

Infants face multiple oral health risks starting from birth, including bacterial colonization leading to gingivitis and future caries, oral infections (e.g., thrush/candidiasis), developmental enamel defects (hypoplasia/hypomineralization from prematurity, low birth weight, or malnutrition), traumatic injuries to erupting teeth, non-nutritive sucking habits contributing to malocclusion, and feeding-related issues affecting oral development, nutrition, and speech. These risks are amplified in vulnerable populations, such as preterm/low-birth-weight infants or those in low-resource settings in India, where enamel hypoplasia and poor hygiene are common. Early intervention—through parental education, hygiene routines, fluoride protection, anticipatory guidance, and timely professional assessment—prevents progression, supports healthy tooth eruption and jaw development, and establishes lifelong oral health habits. Guidelines from AAPD (2025–2026 Reference Manual), CDC Protect Tiny Teeth, USPSTF, and Indian programs (RBSK, NOHP) advocate starting prevention at birth or first tooth eruption, integrating oral health into well-baby/immunization visits for broad impact.

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 detail evidence-supported early interventions that minimize diverse oral health risks in infants (birth to 3 years), encompassing prevention of infections, developmental defects, trauma, malocclusion precursors, and related complications.

2. To outline international and Indian guidelines for infant oral health promotion and risk reduction.
3. To highlight key interventions including hygiene, fluoride, dietary/feeding guidance, habit management, and early professional assessment.
4. To provide practical recommendations tailored for parents, paediatricians, community health workers, and health systems in India..

**Method:**

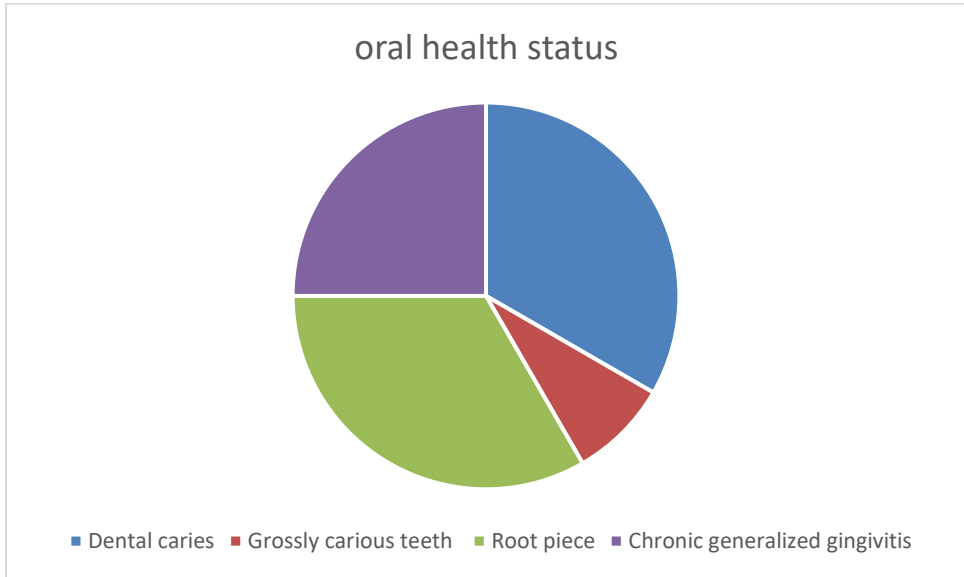
Oral screening was conducted using Type III examination, which includes the use of a mouth mirror, probe, and adequate illumination. Each patient was assessed for dental caries, gingival health, deposits, and other oral conditions.

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 12 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	4	33
Grossly carious teeth	1	9
Root piece	4	33
Chronic generalized gingivitis	3	25

**Interpretation and conclusion:**

1. A total of 12 patients were assessed, among whom 4 (33%) had dental caries, 1 (9%) were grossly carious, 4 (33%) had root pieces, and 3 (25%) 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

Sr. No.	Name of Staff
1.	Dr. Vaibhav Thakkar
<b>Name of Interns and students</b>	
2.	Sahil koparkar
3.	Ritika kharat
4.	Pratik palve
5.	Avdhut patil