



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
E-Mail ID: mgmdch@mgmmumbai.ac.in



PREVENTIVE CURE TIPS FOR TEETH DURING COLD SEASONS AT ANC CAMP, MGM MEDICAL HOSPITAL, KAMOTHE

Date: 8TH December 2026

Venue: ANC Camp, MGM Medical Hospital, Kamothe

Faculty: Dr. Sujata Hirave, Dr. Aishwarya Patil

Organizing Agency: Department of Public Health Dentistry MGMDCH; NSS unit of MGMDCH, Department of Preventive and Social Medicine, MGM Medical College and Hospital, Kamothe, Navi Mumbai.

Number of Students attended: 4

Seasonal changes can have a noticeable impact on oral health. During the cold season, many individuals experience increased tooth sensitivity, dry mouth, cracked lips, and gum discomfort. Cold air can trigger sharp pain in sensitive teeth, while reduced water intake during winter may contribute to dry mouth and bacterial growth in the oral cavity.

Pregnant women and individuals attending antenatal care (ANC) programs are particularly vulnerable to oral health problems due to hormonal changes and altered dietary habits. Therefore, awareness about preventive oral care during colder months becomes essential.

To address these concerns, the Department of Public Health Dentistry of MGM Dental College and Hospital organized an oral health awareness camp at the ANC Camp Centre of MGM Medical College.

Aim and Objectives:

- To educate participants about the effects of cold weather on oral health.
- To provide preventive tips for managing tooth sensitivity and gum problems during winter.
- To promote proper oral hygiene practices among antenatal patients and community members.
- To encourage early dental consultation when symptoms such as pain or bleeding gums occur.
- To integrate oral health awareness into routine antenatal health education programs.

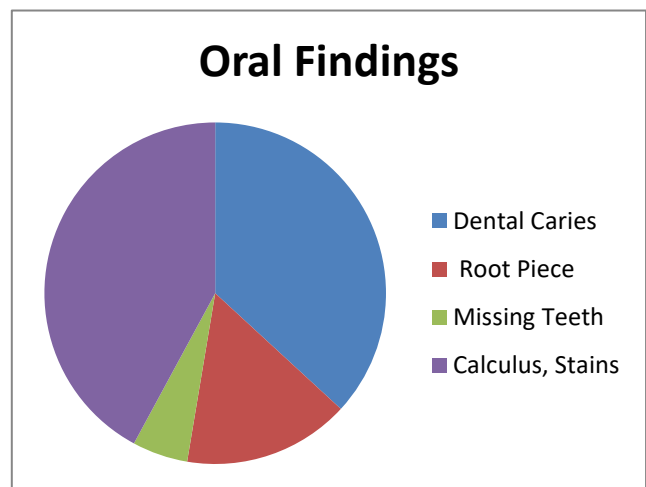
Method:

The camp was conducted at the ANC Camp Centre of MGM Medical College by a team of faculty members and interns from the Department of Public Health Dentistry of MGM Dental College and Hospital. Type III oral examinations were performed using sterilized instruments under adequate illumination to identify common dental conditions such as dental caries, gingivitis, and tooth sensitivity. Health education sessions were conducted where participants were informed about preventive oral care measures during cold seasons.

Observations: During the camp, a total of 19 individuals were screened and it was observed that many participants reported increased tooth sensitivity when consuming cold food or drinks. Some individuals experienced bleeding gums and occasional tooth pain during winter months. A majority of participants had limited knowledge about the relationship between seasonal changes and oral health problems. It was also observed that several participants did not follow proper brushing techniques or regular dental check-ups. However, after the educational session, participants showed greater interest in understanding preventive measures and were receptive to adopting better oral hygiene practices.

Oral health status:

Findings	No. of individuals	Percentage %
Dental Caries	7	37
Root Piece	3	5
Missing Teeth	1	16
Calculus, Stains	8	42



Interpretation and conclusion:

The camp revealed that out of 19 individuals, 7 had dental caries, 3 had root pieces, 1 had missing teeth and the rest had calculus and stains. It was found that awareness regarding seasonal oral health problems and their prevention was relatively low among the participants. Cold weather can aggravate existing dental issues such as sensitivity and gum inflammation, especially when proper oral hygiene practices are not followed. Educational initiatives like this camp play a significant role in improving knowledge and encouraging preventive dental care. By integrating oral health education with antenatal care programs, communities can be better informed about maintaining good oral hygiene throughout different seasons. In conclusion, the camp successfully raised awareness about preventive oral care during cold seasons and emphasized the importance of regular dental hygiene practices.



Investigations done by the Dental Team



Investigations done by the Dental Team

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Sujata Hirave
2.	Dr. Aishwarya Patil
Name of Interns & students	
3.	Inash Kharbe
4.	Sheetal Kharat
5.	Shruti Pingale
6.	Vaibhav Sangle