



## 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](mailto:mgmdch@mgmmumbai.ac.in)



### **ORAL HEALTH & EFFECT OF HORMONAL CHANGES AT ANC CAMP MGM MEDICAL HOSPITAL, KAMOTHE**

**Date:** 06<sup>th</sup> February 2026

**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

Pregnancy is a critical period in a woman's life that involves several hormonal, physical, and psychological changes. These hormonal fluctuations can significantly influence oral health, making pregnant women more susceptible to conditions such as gingivitis, periodontal disease, and dental caries. Maintaining good oral hygiene during pregnancy is essential not only for the mother's health but also for the well-being of the developing fetus. An oral health awareness camp was conducted to educate Antenatal Care (ANC) patients about the importance of maintaining oral hygiene during pregnancy and the effects of hormonal changes on oral tissues.

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

1. To create awareness among ANC patients about the importance of oral health during pregnancy.
2. To educate patients about the impact of hormonal changes on oral tissues.
3. To provide guidance on maintaining proper oral hygiene practices during pregnancy.
4. To encourage regular dental check-ups and preventive dental care among pregnant women.

#### **Method: TYPE 3 EXAMINATION**

- The examination was done using mouth mirrors and appropriate illumination
- The awareness camp was conducted for ANC patients attending the antenatal clinic.
- Patients were gathered and given an informative session on oral health and pregnancy. The session included explanations about common oral conditions associated with pregnancy such as gingivitis, gum bleeding, and tooth decay.

- Demonstrations of proper tooth brushing techniques and oral hygiene practices were also provided. Educational materials and verbal instructions were used to ensure better understanding among the participants. Patients were encouraged to ask questions and clarify their doubts regarding dental care during pregnancy.

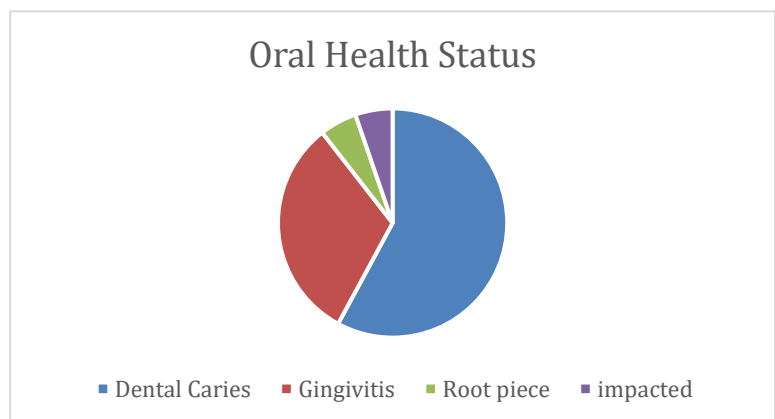
All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were explained.

**Observations:**

1. Several participants reported experiencing symptoms such as bleeding gums, swollen gums, and sensitivity but were unaware that these could be related to hormonal changes during pregnancy. After the awareness session, patients showed interest and actively participated by asking questions and sharing their concerns.
2. A total of 19 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	11	85
Gingivitis	6	11
Root piece	1	2
Impacted	1	2



**Interpretation and conclusion:**

- It was interpreted that dental caries was found in most women followed by gingivitis.
- The camp highlighted the need for increased awareness regarding oral health among pregnant women. Hormonal changes during pregnancy can predispose women to various oral health issues, which, if left untreated, may affect both maternal and fetal health.
- Educational initiatives such as this camp play an important role in promoting preventive oral healthcare. It can be concluded that regular oral health education for ANC patients is essential to encourage proper oral hygiene practices and timely dental visits during pregnancy.



INVESTIGATION BEING DONE BY THE TEAM MEMBER

**List of Attendees**

Sr. No.	Name of Staff
1.	Dr. Mausami Malgaonkar
2.	Dr. Pankaj Londhe
<b>Name of Interns</b>	
3.	Jayani Patil
4.	Aditi Mishra
5.	Sayali Nanaware
6.	Pranjal Kamble