



**MGM DENTAL COLLEGE AND HOSPITAL, NAVI MUMBAI**

*Accredited by NAAC with "A++" Grade*

Plot No. 1 & 2 Sector-01 (Old 18 & 19), Kamothe. Navi Mumbai- 410209



**EFFECT OF NUTRITION ON ORAL HEALTH DURING PREGNANCY AT ANC CAMP MGM  
MEDICAL HOSPITAL, KAMOTHE**

**Date: 09<sup>th</sup> January 2026**

**Venue- ANC Camp MGM medical college & hospital, Kamothe, Navi Mumbai.**

**Faculty: Dr. Mausami Malgaokar, 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: 6**

Pregnancy is a critical period in a woman's life that brings significant physiological, hormonal, and metabolic changes. These changes can influence oral health conditions such as gingivitis, dental caries, enamel erosion, and periodontal disease. Nutrition plays a vital role in maintaining oral health during pregnancy, as both the mother and the developing foetus require adequate nutrients for proper growth and development.

Poor dietary habits, increased sugar intake, frequent snacking, and nutritional deficiencies during pregnancy can contribute to oral health problems. Additionally, hormonal changes may increase susceptibility to gum inflammation and bleeding. Therefore, proper nutritional intake—including adequate calcium, vitamins, proteins, and minerals—is essential to maintain oral health in pregnant women. MGM Dental college constantly takes effort of extending oral healthcare to the community. The oral health care initiative was also extended to the pregnant patients at ANC Camp at MGM Medical Hospital, Kamothe with intention of creating awareness about effect of nutrition on oral health during pregnancy.

**Aim and Objective-**

1. To assess the nutritional status of pregnant women attending the ANC camp.
2. To examine common oral health problems observed among pregnant women.
3. To analyse the association between nutritional habits and oral health conditions.

4. To provide education and awareness regarding proper nutrition and oral hygiene during pregnancy.

### **Method-**

Patient were given awareness on effect of nutrition on oral health during pregnancy. Such kind of awareness can be achieved through combination of strategies such as-

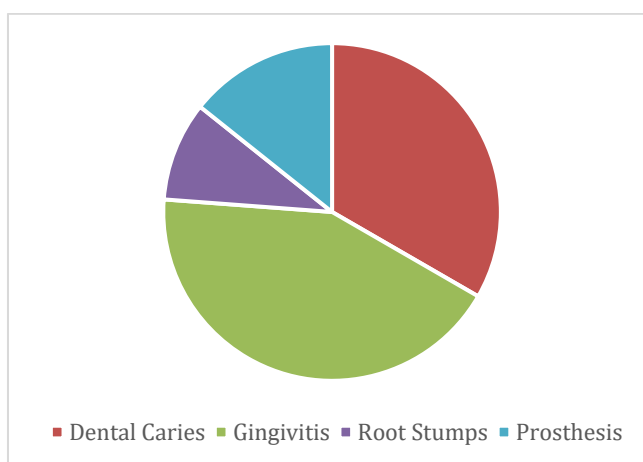
- Health education sessions
- Individual counselling
- Demonstration of oral hygiene practices
- Diet counselling
- Distribution of education materials
- Question and answer interaction

After the awareness program, oral examination was conducted using mouth mirror and probes for the patients. The patients were made aware of existing dental problems and preventive measures that needs to be taken.

### **Observations-**

1. Participants with good nutritional intake, including balanced diets rich in calcium, vitamins, and proteins, generally showed healthier oral conditions with minimal plaque or gum issues.
2. Women with moderate nutritional status exhibited mild oral health problems such as gingivitis and gum bleeding, possibly due to inconsistent dietary habits and hormonal changes during pregnancy.
3. Participants with poor nutrition, particularly those with frequent sugar intake and low consumption of essential nutrients, demonstrated higher prevalence of dental caries, plaque accumulation, and gum inflammation. These findings suggest that inadequate nutrition increases the risk of oral health problems during pregnancy.
4. A total of 21 patients were examined for various dental problems. Those who required extensive treatment were referred to MGM Dental college and Hospital.

Conditions	No. of Patients	Percentage
Dental Caries	7	33%
Gingivitis	9	43%
Root Stumps	2	9%
Prosthesis	3	14%
<b>Total</b>	<b>21</b>	<b>100%</b>



### Interpretation-

A total of 21 pregnant female patients were examined. The majority of patients (43%) exhibited fair nutritional status, while equal proportions (28.6% each) were observed in good and poor nutritional categories. Gingivitis was the most prevalent dental condition, affecting 43% of patients, followed by dental caries (33%). Root stumps (9%) and prosthetic needs (14%) were less commonly observed showing less number of patients have increased sugar intake. A higher occurrence of dental conditions was noted among patients with fair and poor nutritional status, suggesting a possible association between nutritional status and oral health.

### Conclusion-

The study conducted during the ANC camp at MGM Medical Hospital, Kamothe highlights the significant role of nutrition in maintaining oral health among pregnant women. Adequate intake of essential nutrients such as calcium, iron, vitamins, and proteins contributes to healthier gums and teeth, while poor dietary habits increase the risk of dental caries and gingival diseases.

Therefore, integrating oral health education and nutritional counselling into antenatal care programs is essential to promote both maternal and foetal health. Regular dental check-ups, balanced diet, and proper oral hygiene practices should be encouraged among pregnant women to prevent oral health complications during pregnancy.



**ORAL HEALTH SCREENING DONE BY TEAM MEMBER**

### *List of Attendees*

Sr. No	List of Participants
	<b>Name of faculty</b>
1.	Dr. Mausami Malgaokar
2.	Dr. Pankaj Londhe
	<b>Name of Interns &amp; students</b>
3.	Shantik Agrawal
4.	Apeksha Sanghavi
5.	Jagriti Soni