

PREVALENCE OF PERIODONTITIS AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS

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ABSTRACT

Background

Epidemiological data shows that diabetes is a major risk factor for periodontitis; susceptibility to periodontitis is increased by approximately threefold in people with diabetes. There is a clear relationship between degree of hyperglycemia and severity of periodontitis. Treatment of periodontitis is associated with HbA1c reductions of approximately 0.4%. Oral and periodontal health should be promoted as integral components of diabetes management. The present study was undertaken to determine the prevalence of periodontitis in type 2 diabetes.

Materials and Methods

Diagnosed Type 2 DM patients 18 years and above were recruited from the out-patient clinics of tertiary care center from February 2015 to January 2016. Periodontitis was evidenced by the presence of ≥ 3 mm probing depth and ≥ 3 mm periodontal attachment loss at the same site. Periodontitis severity was classified based on probing depth and furcation involvement. Glycemic control was assessed by laboratory assay for HbA1c grouped into well, moderately and poorly controlled.

Results

A total of 1200 subjects were analyzed. Prevalence of periodontitis among the Type 2 DM population studied was 84.5%. In this study, we found out that for those whose length of time since last dental check-up was >1 year, the risk of having periodontitis is higher among subjects with poor glycemic control compared to those with well glycemic control.

Conclusions

People with poorly controlled diabetes must be considered at risk for periodontitis and people with diabetes should be informed of this risk.

KEYWORDS: Prevalence of Periodontitis among Patients with Type 2 Diabetes Mellitus