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Association between diabetes mellitus and periodontal status in north Indian adults

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Diabetes is an important public health problem, affecting 245 million people worldwide. Each year, seven million individuals develop diabetes and the projection for the year 2030 expects that 366 million people will have the disease worldwide. Periodontitis is one of the main oral health problems, which is predominantly a Gram-negative infection resulting in severe inflammation, with potential for vascular dissemination (via the sulcular epithelium) of microorganisms and their products such as Lipopolysaccharides (LPS) throughout the body. The worldwide prevalence of periodontal disease varies from 5 to 20% of the adult population. By far, it is the most common oral infection in India, with a prevalence rate of 66.2% among individuals of age 15 years and about 89.2% among adults in the age group of 35-44 years. The association between diabetes and periodontal diseases has been recognized in dental literature for many years. Scientific evidence has confirmed that type 2 diabetes can be considered a risk factor for periodontitis. The increased severity of periodontal disease in diabetes mellitus may reflect an alteration in the pathogenic potential of bacteria, enhancing the breakdown of periodontal tissues, resulting in more frequent and severe periodontal-tissue destruction. Despite advances in recent years, the public healthcare system in India offers limited access to dental services. The aim of the present study was to investigate the prevalence of periodontal diseases among individuals with type I and type II diabetes in north India and evaluate the association of this condition with behavioral and clinical variables.

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