

## Azithromycin in the treatment of aggressive periodontitis: Three months results

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**Objective:** To assess the efficacy of systemic azithromycin as a supplement to scaling and root planing (SRP) in the treatment of aggressive periodontitis (AgP).

**Methods:** 26 AgP patients, 14–28 years old (mean 21y) were examined. At baseline subgingival plaque was collected from 5 pockets per subject (N=130). The subjects were randomized into 2 groups, and patients and the examiner were blinded. The test group was treated with scaling and root planning with supplementary azithromycin 500 mg tablets once daily for 3 days. The control group was treated similarly but administered placebo tablets. The subgingival plaque was re- collected 3 months postoperatively. The plaque samples (total=260) were used to assess presence of 11 periodontal bacteria using DNA analysis by PCR Test. Mann-Whitney and Wilcoxon were used to compare group ranks.

**Results:** The periodontal pathogens in the test group had a significant decrease ( $p < 0.05$ ) in the number of sites with detectable *A. actinomycetemcomitans*, *P. gingivalis*, *T. forsythia*, *F. nucleatum*, *T. denticola*, and *C. rectus*. In the control group none of the tested bacteria significantly decreased. The decrease in detectable bacteria was greater in the test than the control groups ( $p < 0.05$ ).

**Conclusion:** The use of azithromycin as a supplement in the treatment of aggressive periodontitis significantly reduces the number of sites with detectable periodontal pathogens.

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