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## Periodontal disease and associated risk factors: A systematic review

Abdulhameed G Albeshr, Y Alhabdan and A Alzahem

King Saud Bin Abdulaziz University for Health Sciences, Saudi Arabia

**Introduction:** Periodontal disease is more prominent in developing countries. It is common in all ages and affects both genders. Unhealthy periodontium cause serious problems for the individual and lead to tooth loss.

**Objective:** Determine prevalence of periodontal disease and its risk factors.

**Method:** Electronic search conducted on Pub-Med using Inclusion criteria; articles in English about prevalence of periodontal disease and its risk factors from 1990 to 2014. 47 articles were identified initially and after applying exclusion criteria only nine articles were selected for this review.

**Results:** Prevalence of periodontal disease effect 63%-68%. In the patients above 40 years old, an average of 76% of extracted teeth was due to periodontal disease. The main risk factor for periodontal disease is poor oral hygiene. The role of smoking in developing of periodontal disease was clear. Diabetic patients have the highest prevalence of periodontal disease compared with other diseases, which is 21%.

**Conclusion:** The prevalence of the periodontal disease is high and more studies needed in different cities and in rural areas. Proper sampling and longitudinal studies should be considered to ensure representativeness and confirm the causality. The direct relation between poor oral hygiene and periodontal disease is clear. This review provides convincing evidence about effect of tobacco smoking on oral health. The review shows high prevalence of periodontal disease among diabetic patients. Better understand the full extent and characteristics of periodontal disease in our population beside public health programs will diminish the effects of the disease.

### Biography

Abdulhameed G Albeshr earned his BDS degree from King Saud University in Riyadh, Saudi Arabia in 2010. In 2015, he completed his Master of public health in Community and Environmental Health in King Saud bin Abdulaziz University for Health Sciences in Riyadh, Saudi Arabia.

[agaab2005@hotmail.com](mailto:agaab2005@hotmail.com)

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