

## **Correlation of periodontal bacteria with chronic inflammation present in patients with metabolic syndrome**

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**M**etabolic Syndrome (MS) is correlated with many chronic diseases and so far is moderately followed and treated. The present study follows a correlation of the presence of pathogens (*Fusobacterium nucleatum*, *Bacteroides forsythus* and others) in the gingival crevicular fluid and MS. (1) An important role in the fight against MS is to reduce fat mass, inflammatory mediators and prevent cytokine-associated diseases. (2) A group of 111 people with MS was studied, divided into 3 groups. The Control Group (CG) received no treatment for either periodontitis or MS. The Diet therapy Group (DG) followed a clinical diet therapy specific to MS and the Diet therapy and Sports Group (DSG) in addition to diet therapy introduced regular physical activity; (3) A statistically significant worsening of periodontopathogens was observed correlated with the advancement of MS (increase in fat mass, visceral fat and ECW/TBW ratio) in the CG group. In the case of DG and DSG groups, an improvement of the parameters was observed, including periodontal diseases. A significant incidence of tumor diseases was found in patients with *Fusobacterium* sp. and intestinal inflammation was present in 93.3%, which also meant that an altered quality of life was also recorded. The existence of a direct connection between periodontal bacteria and intestinal inflammation, which is correlated with colorectal cancer, was concluded. Therefore, anti-inflammatory diet therapy contributes to the reduction of gingival inflammation and thus contributes to the reduction of the development of pathogenic bacteria in the gingival, responsible for the development of periodontal disease and directly by other chronic diseases.

### **Biography**

Ghitea Timea-Claudia is currently working in University of Oradea, Faculty of Medicine and Pharmacy. Her research interest is in the field of Nutrition and Dietetics.

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