Short-term effects of periodontal therapy as an adjunct to anti-lipemic treatment.  
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Source

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Abstract OBJECTIVE:

This study was conducted to assess the effect of improved periodontal health following  
periodontal treatment on metabolic lipid control of patients on anti-lipemic treatment.

MATERIALS AND METHODS:

The study population consisted of 20 patients aged 34-62 years with diagnoses of  
hyperlipidemia and chronic periodontitis. All patients used statin to treat their elevated  
levels of low-density lipoprotein cholesterol. Blood samples were obtained for  
measurement of serum lipids, fasting plasma glucose, and high sensitive C-reactive  
protein. Periodontal parameters, including plaque index, gingival index, probing pocket  
deepth, clinical attachment level, and percentage of bleeding on probing, were  
evaluated. All parameters were assessed in each subject at baseline, after 3 months  
as a control (at the time of periodontal treatment), and 3 months after the non-surgical  
periodontal treatment that included scaling and root planning.

RESULTS:

All lipid parameters decreased after the periodontal treatment, but only the decreases  
in total cholesterol and low-density lipoprotein cholesterol levels reached statistical  
significance compared to baseline (P = 0.002 and P = 0.003, respectively).

CONCLUSION:

Improved periodontal health may influence metabolic control of hyperlipidemia and  
could be considered as an adjunct to the standard measures of hyperlipidemic patient  
care.