

## Is there possible linkage between periodontal disease and systemic complications such as diabetes, preterm low birth weight and cardiac problems?

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The purpose of this meta-analysis study was to state the possible link between periodontal diseases and infectious agents and various system diseases like diabetes, preterm low birth weight and cardiac problems. Moreover also to discuss whether prevention of periodontitis can enhance the health of affected individuals with systemic complications and reduce the morbidity and mortality associated with it and to discuss which type of treatment results in significant reduction of inflammatory mediators in blood. Recent studies and evidences suggest that periodontal disease may play an etiologic role in the pathogenesis of several systemic illnesses, such as cardiovascular disease, diabetes, preterm low birth weight. Out of all the possible complications, the most common complications are related to heart. Studies have also demonstrated that levels of CRP, fibrinogen, cytokines and inflammatory mediators are generally higher than in patients suffering from periodontitis and leading to systemic diseases. A meta-analysis review was and data was collected almost 40 abstracts and journals published in various journals like PubMed, BDJ, JADA, Journal of periodontology, Dental Updates and various other journals since 1952-2011. The collected data was reviewed by two different observers and common findings were summarized and tabulated. The following search terms were used 'Periodontitis and Cardiac problems', 'Heart diseases and periodontitis', 'Diabetes and periodontitis', 'System complications associated with periodontitis', 'Preterm term low birth weight association with periodontitis', 'Pregnancy and periodontitis', 10% of the articles identified negative correlation between periodontitis and system diseases while 90% of the articles demonstrated a positive and true link between the periodontal diseases and systemic diseases. After adjustments of all common risk factors such as obesity, smoking, hypertension, age and genetics the results were still the same in many studies. It is evident that periodontitis can lead to very severe complications and patients must be informed of it once they are diagnosed for periodontitis. Studies demonstrated that both intensive and standard therapy for periodontitis decreased the level of inflammatory mediators in blood and hence improved system complications.

### Biography

Ebadullah Shafi has completed his BDS at the age of 22 years from RAK Medical and Health Sciences University and is constantly involved in active researches in the oral health and restorative dentistry. He is an ambassador for International student research journal, foreign exchange officer for Dental wing of Indian Medical Student associated and Language and Reference editor for International Journal of Medical Science and Public Health. He has conducted 4 researches and published more than one scientific paper in reputed journal.

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