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Diabetes and periodontitis - The unrevealed facts

Harpreet Kaur

Smile Architects Multi-Speciality Centre, India

Diabetes mellitus and periodontitis are the most prevalent diseases among adults and older individuals worldwide. The correlation between these two diseases has also been well established. However, the awareness among diabetics for their increased risk of periodontitis is still lacking. The aim of present study was to evaluate the awareness of the strong association between type 2 diabetes mellitus and periodontitis among patients with diabetes mellitus. A cross-sectional study was carried out by filling out the self-designed questionnaires by the researcher. The participants were diabetic individuals and all were registered as diabetics at Diabetic Clinic and Research Center in Amritsar, Punjab (India). The study sample included total 50 patients with type 2 diabetes mellitus. All the collected data was coded and tabulated. The analysis was done using software SPSS 16.0 Version. $P < 0.05$ was used as statistically significant value. Correlation among different variables was also calculated. Although the majority of participants (76%) got information regarding diabetes from their health care providers but only few (16%) had received the information regarding association between diabetes and periodontitis from their physicians ($P < 0.05$). Also, the awareness level was related to the educational status of patients, as, patients with higher level of education were more aware of the association between diabetes and periodontitis (r square=0.138) and $P=0.004$ and this correlation was significant at 0.01 level. The data shows that diabetic individuals are not aware of having increased risk for periodontitis. Also, the diabetic patients are not being informed by their physicians regarding their higher risk of developing dental problems as compared to non-diabetic individuals.

kaurh997@yahoo.com

The digital path to perfect smile on teeth and implants

Henriette Lerner

HL Dentclinic, Germany

Today dentistry and oral surgery is symbiosis of art, medicine, science and technologies. The artistic view of the dentist creates mentally and digitally through contemporary software, the final smile. 2D and 3D visualization of the ideal proportions is the beginning point for the backward planning. We reconstruct the teeth, soft tissue, pink aesthetic details and white aesthetic aspects. Bone grafting materials offer us predictable volume and quality. Studies concerning this data will be presented. Techniques of soft tissue management are crowning the perfect surgery, made under 3D microscope. Principles of prosthetic CAD CAM reconstructions on teeth and implants are state of the art in the daily work. The occlusion will be adjusted with a precision of 20 microns. Principles, parameters and workflows will be described, as well as their application in complex clinical cases.

h-lerner@web.de