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## The prevalence of diabetes mellitus amongst patients with periodontitis

**Lusibilo Mukucha\*, SC Manenzhe, SL Shangase**

Department of Periodontics and Oral Medicine

**Introduction:** The diabolic duo, diabetes mellitus and periodontitis are both chronic conditions with a bi-directional relationship. This relationship between the conditions has long been recognised although the exact mechanisms of how the two interact is not fully understood. Adequate treatment of one disease in the duo will be beneficial in the management of the other.

Based on the well documented association between these two conditions, it can be postulated that individuals with periodontitis have an increased probability of having diabetes mellitus (DM). The lack of data such as the prevalence of DM among individuals diagnosed with periodontitis, may be a hindering factor in developing clinical management protocols.

**Aim:** This study aims to determine the prevalence of diabetes mellitus in a cohort of periodontitis patients.

**Method:** A prospective study to determine the HbA1c levels of periodontitis patients at the Periodontics department

at the University of Pretoria Oral and Dental Hospital was conducted. After attaining informed consent, a full periodontal examination was performed after which blood samples were drawn and sent for HbA1c testing.

**Results :** Patients with HbA1c levels  $\geq$  to 6.5% were categorised as having diabetes while those that had HbA1c levels of 5.7-6.4% were categorised as being pre-diabetic. The prevalence of diabetes in the study was found to be 19%, while 38% of participants were found to be prediabetic.

**Conclusion:** The high prevalence of diabetes and prediabetes in periodontitis patients supports the importance of assessing the HbA1c levels of patients presenting with severe periodontitis (stage 4).

### Biography

Lusibilo Mukucha is currently working in the department of Department of Periodontics and Oral Medicine, South Africa.