

# Health and Quality of Life in Patients with Chronic Periodontitis

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## ABOUT THE STUDY

Periodontal diseases are long-term inflammatory illnesses marked by degeneration of the alveolar bone and connective tissue around the teeth, as well as occasionally tooth loss. Unfortunately, in most cases the disease is not addressed because there are no symptoms at the beginning of the course and only recognizable symptoms appear when the disease has advanced significantly. According to reports, there is a strong link between periodontal disease and systemic illnesses because untreated or neglected periodontal disease increases the risk of cardiovascular disease, preterm birth, and other illnesses. Therefore, developing a comprehensive plan for preventing periodontal disease is just as important as early diagnosis and treatment of the condition.

Without early treatment, periodontal disease results in tooth loss and advanced periodontitis can impair chewing, word pronunciation, and aesthetic function. These findings lower numerous populations' health-related Quality of Life (QOL), especially the elderly, adults, expectant mothers, and employees. The inability to easily communicate and engage in social interactions is just a few instances of how QOL is impacted, along with the development of gastrointestinal diseases and nutritional imbalances. Economic losses might come from periodontal disease pain since it can cause sleep difficulties and absenteeism from work. In order to plan interventions and track advancements in relation to the disease burden, it is crucial to assess health-related QOL in the treatment and management of periodontal disease.

However, there are not enough qualitative research conducted globally that thoroughly examine the lived experiences of periodontal patients. Information from quantitative evaluations may not always convert into a patient's awareness of the numerous difficulties in terms of health-related QOL. Further research is required to gather the fundamental information that could improve the health-related QOL of patients with

periodontal disease by finding life events that are relevant to that health-related QOL for people with chronic dental illness. As a result, this study used a qualitative research approach to thoroughly analyze the experiences of individuals with periodontal disease and to clarify their health-related QOL.

The primary relevance of this study is the use of a qualitative research methodology to validate periodontal patients' experiences with health-related QOL. One of the factors that can lower QOL as it relates to health is periodontal disease. The health-related QOL of periodontal patients has been the subject of other studies, but they were unable to fully characterize the wide-ranging difficulties the patients encounter. Health-related QOL should broadly include all aspects of health, and it is influenced by a number of variables including demographics, depressive and tiredness symptoms, as well as interpersonal, familial, and social interactions.

Additionally, health-related QOL must incorporate conditions, therapy before and after, and change processes in addition to the experience of the moment. As the treatment only requires a brief interaction between the medical staff and the patient, the reality of the current practice environment only allows dental practitioners to see a limited piece of the patient's life. Therefore, a qualitative research methodology is needed for an in-depth and thorough examination of periodontal disease patients in order to effectively assess health-related QOL before and after treatment for patients with periodontal disease.

The experiences of periodontal illness described by this study can be used to evaluate the effectiveness of the current QOL evaluation tools for dental health, identify periodontal disease-related unmet needs, and eventually increase public awareness of periodontal disease. Based on this study, we predict that future research on periodontal disease and health-related QOL will improve and expand the oral health system and practices.

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