

Social and Behavioral Factors associated with the occurrence of Periodontal Disease in individuals with Type 2 Diabetes

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Abstract

Background: Proper oral health practices and education have been associated with lower occurrence of periodontal disease (PD). Assessing relevant social and behavioral factors can help understand the relationship with PD occurrence in individuals with type 2 diabetes (T2D).

Methods: In this cross-sectional study, 260 participants with T2D underwent a dental examination and completed an interview. Probing pocket depth (PPD) was measured at six sites per tooth, excluding the 3rd molars. Moderate/severe PD was defined as having a high (highest 2/3rd tertile) percent of tooth sites with PPD \geq 4mm. We assessed the independent association between different factors and the occurrence of PD using a multivariate logistic regression model.

Results: T2D participants with moderate/severe PD (n=153, 61.69%) were more likely to be younger, male, less educated, former smokers, and visited their dentists less frequently compared to T2D participants with no/mild PD. Age, gender, educational level, alcohol and smoking status, dental flossing habits, BMI and dental visits were assessed for their relationship with the occurrence of moderate/severe PD. Female gender (OR: 0.49, 95%CI: 0.27-0.86), educational level (OR: 0.49, 95%CI: 0.27-0.89) and dental visits (OR: 0.47, 95%CI: 0.25-0.87) were independently associated with reduced PD occurrence.

Conclusions: Female gender, higher educational level, and visiting the dentist at least once a year may be associated with a reduced occurrence of PD in individuals with T2D. Thus, it is recommended that T2D individuals with moderate/severe PD, especially men, be educated on the importance of their dental visits.

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