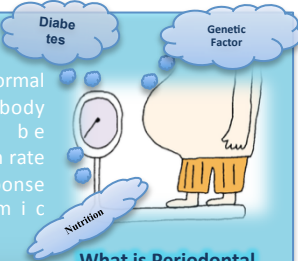


OBSESITY & PERIODONTAL DISEASE

Research Facts

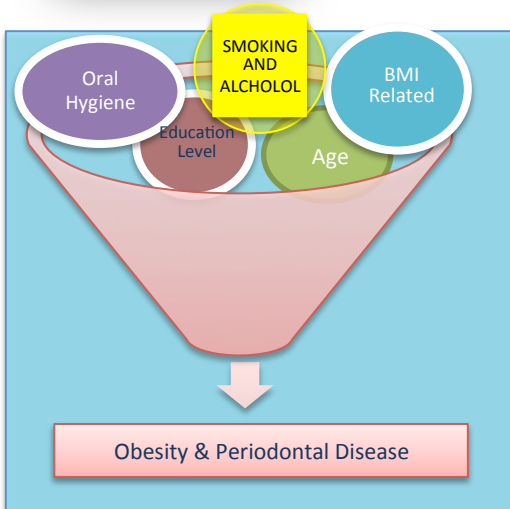
What is Obesity?

Obesity is an abnormal accumulation of body fat, and can be associated with high rate inflammatory response and systemic inflammation.

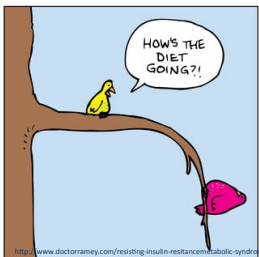


What is Periodontal Disease?

Periodontal Disease is an inflammatory disease that affects the supporting structures of the teeth.



- ❖ High Waist Circumference related to Periodontitis
- ❖ Fat Metabolism may play Key Role
- ❖ Low Skeletal Muscle Percentage



What Happens?

- ↑ Resistin Serum from adipose tissues
- ↑ Gram (-) Anaerobic Bacteria
- ❖ Inflammation and Tissue Destruction
- ❖ Patients with Obesity
- Less frequent use Interdental Brushes

Markers of Inflammation

- ↑ Leptin
- ↑ IL-6
- ↑ C-reactive proteins
- ↑ TNF-α

Excessive fat ingestion depress immune function and vascular response

Periodontal Disease

Injury in various organs and tissue destruction



<http://www.newjerseyperiodontists.com/stages-periodontal-disease.html>

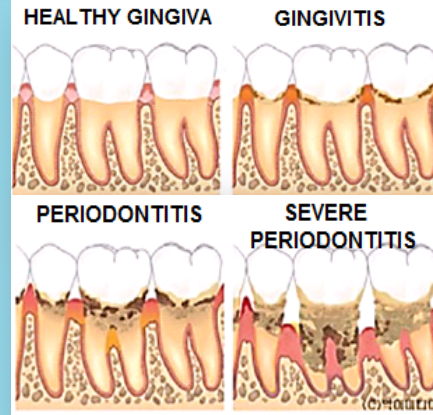
Protein Deprivation

Degeneration of Connective Tissue
Osteoporosis of Alveolar Bone
Changes in Periodontium

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Prevention & Role of the Dental Hygienist



- Implementation
- Evaluate patient's need for treatment
- Maintain patient's periodontal health

- Adequate Physical Activity & Healthy Nutrition
- Early Detection of Obesity & Periodontal Disease
- Patient Education:
 - ❖ Tooth Brushing
 - ❖ Interdental Cleaning
- Frequent Dental Hygiene Visits

Conclusion

- ❖ Obesity has direct influence on Periodontal Health
- ❖ Overweight Young Adults and Females are at higher risk for Periodontal Disease
- ❖ Frequent Dental Cleanings
- ❖ Monitor your general health and body weight
- ❖ Do frequent exercise
- ❖ Early Detection of Obesity and Periodontal Disease
- ❖ Awareness of Family History

