

Oral Hygiene within Diabetic Patients: A Retrospective Meta - Analysis

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Abstract

Background: Good oral health is important for everyone, but it becomes even more vital if you are diabetic. Studies have found that there is direct linking between diabetes and a person's oral health status. Diabetes mellitus is epidemic which affects large population around the world and is directly related to the oral health status of the patients. The greatest increase in prevalence is expected to occur in developing countries, due the trend of lifestyle changes and finance difficulties. Diabetes can lead to changes in the oral cavity giving rise to issues such as gum-related problems like gingival hyperplasia and periodontitis (pyorrhea). Other diabetes-related oral conditions include dental decay, candidacies, glossodynia (burning mouth syndrome), bad breath and xerostomia (dry mouth).

Methods: A control case study was done among a group (aged 30-79) of 100 (female=75 and male=25) diabetic patients and control of 100 (males=80 and female=20) non –diabetic patients were monitored for 6 months in Arusha and Tanzania to know the pervasiveness of dental diseases such periodontal diseases, dental caries, and treatment required in a group diabetic patients and to create awareness about the oral manifestations of diabetes and the importance of periodical dental checkup for diabetics. Chi square test was done for statical analysis.

Results: In the present study it has been observed the there is a strong correlation between the diabetes and dental caries and it was observed that, most of the diabetic patents are suffering with various dental diseases.

Conclusion: Present study has proven the relationship between diabetes and various dental problems. However, features studies are required to unravel the mechanism involved in above phenomenon.

Keywords: Periodontal diseases, Diabetes Melitus, Oral Hygiene, Dental Prophylaxis, Gingival Hyperplasia.