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Health behaviours, TNF-alpha and periodontal status in type-2 diabetics

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Objectives: To assess the associations between health behaviours, metabolic control, serum TNF-alpha and periodontal status in Chinese type 2 diabetics. Methods: 208, nonsmoking type 2 diabetic patients aged 40-70 years (51% female) attending an outpatient diabetic clinic were examined. All patients filled in structured questionnaires and were clinically examined. Glycated hemoglobin (HbA1c) and serum TNF-alpha were measured using commercial kits from blood drawn on the day of examination. Results: General health behaviour was significantly associated with diet behaviour (r=0.174) and distress (r=0.197). Diet behaviour of females was better than males (p<0.001). Perceived fatigue was negatively associated with oral health behaviour (r=-0.160). Distress was lower in the younger age group 40-50 compared to 51-70 (p<0.01). Mean serum TNF-alpha level was 0.65pg/ml and this was not associated with any variable. The prevalence of severe periodontal disease was 70.6%. Oral hygiene status was significantly associated with mean PPD (r=0.36) and mean PAL (r=0.327). HbA1c levels were significantly associated with mean PPD (r=0.202) and mean PAL (r=0.180). Subjects with a longer history of diabetes (>5 years) had significantly deeper mean PPD (p<0.04), higher mean PAL (p<0.01) and more missing anterior teeth (p<0.025). Conclusion: In this group of type-2 diabetics the severity of periodontal disease was found to be associated with oral hygiene, metabolic control and duration of diabetes. Serum TNF-alpha and health behaviours did not seem to be associated with periodontal disease status.

Periodontal Research - Diagnosis / Epidemiology

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