

# ***Diagnosed duration of type-2 diabetes mellitus and periodontitis***

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There are conflicting reports as to whether duration of diabetes mellitus influences periodontal status of type-2 diabetics. **Objective:** to assess the association between diagnosed duration of type-2 diabetes mellitus and periodontal status. **Methods:** Non-smoking type-2 diabetic patients attending an out-patient diabetic clinic were examined by one examiner. Oral hygiene status, gingival status, probing pocket depths and probing attachment levels were recorded. Duration of diabetes since diagnosis was calculated from the patient records. Pearson correlation coefficients, controlling for age and sex, were used to explore associations between duration of diabetes and periodontal parameters and independent t-tests were used to explore differences between groups. **Results:** 172 diabetics were examined. Mean duration of diagnosed diabetes was 6.3 ( $\pm 5.2$ ) years. 71% of patients exhibited two or more sites with  $\geq 6$  mm attachment loss. Duration of diabetes was significantly associated with mean gingival status ( $r = 0.152$ ,  $p < 0.05$ ) and mean probing attachment levels ( $r = 0.171$ ,  $p < 0.01$ ). Furthermore, significantly worse mean gingival status ( $p < 0.004$ ) and probing attachment levels ( $p < 0.01$ ) were found in those diabetics with a diagnosed duration of diabetes of 5 or more years compared to those with a history of less than 5 years. **Conclusion:** In this group of Chinese type-2 diabetics, diagnosed duration of diabetes was associated with severity of periodontitis.

[Periodontal Research - Therapy](#)

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