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The association between periodontal disease and metabolic syndrome among outpatients with diabetes in Jordan

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Abstract: Background To date, conflicting results have been reported about the association between metabolic syndrome (MetS) and periodontitis. Methods Two hundred and eighty patients with type 2 diabetes were recruited from outpatients visiting diabetes clinics in Islamic Hospital, Amman-Jordan. The oral hygiene and the periodontal status of all teeth, excluding third molars, were assessed using the plaque index of Silness and L?e, the gingival index of L?e and Silness, probing pocket depth (PPD), and clinical attachment level (CAL). Data were analyzed using the general linear model multivariate procedure with average PPD, average CAL, percent of teeth with CAL ≥ 3 mm, and percent of teeth with PPD ≥ 3 mm as outcome variables and diabetes, MetS and its individual components as predictors. Results Overall, 83.2 % of patients with diabetes had MetS. In the multivariate analysis, patients with MetS had a significantly more severe periodontitis, as measured by average PPD and average CAL (P?