

Diabetes Mellitus and Periodontitis: A two Way Relationship

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ABSTRACT

Periodontitis is an inflammatory disease affecting the supporting structures of teeth (periodontal ligament and alveolar bone). Association between diabetes mellitus and periodontal disease is well established. Periodontitis has been reported as one of the microvascular complications of diabetes. Diabetes is a risk factor for periodontitis. Both diseases are thought to share a common pathogenesis. Poor control of diabetes with HBA1c > 8 has adverse effects on the periodontium as well as the response to periodontal therapy. Periodontitis has been shown to adversely effect glycaemic control and periodontal therapy has been postulated to improve glycaemic control in diabetics. An attempt is made herein to review the bidirectional relationship between periodontitis and diabetes mellitus so that periodontal health is considered as an integral part of management of diabetes.