

MEDIA ALERT

Gum disease treatment helps control blood glucose in patients with type 2 diabetes

- Patients with diabetes should have routine gum assessments and treatment
- Perio & Diabetes campaign set to launch on World Diabetes Day (14 November)

Brussels, Belgium, 6 November 2018. Gum disease treatment helps control blood glucose in patients with type 2 diabetes and may reduce complications, according to a randomised trial published in *The Lancet Diabetes & Endocrinology* (1). The findings suggest that patients with diabetes should have routine gum assessments and treatment.

The European Federation of Periodontology welcomes the findings, which come ahead of its Perio & Diabetes campaign launch on World Diabetes Day (14 November).

The UK study randomly allocated 264 patients with type 2 diabetes and periodontitis (gum disease) to intensive periodontal treatment or scaling and polishing every three months for one year. Intensive treatment lowered blood glucose by 0.6% (the equivalent of taking a second blood sugar lowering drug) and reduced chronic inflammation, both of which can lead to cardiovascular and kidney problems.

Prof Lior Shapira, spokesperson for the EFP European Observatory of Periodontology, said: “The results suggest that intensive gum disease treatment could help people with type 2 diabetes to control their disease and may prevent complications related to diabetes, such as heart disease, stroke, and kidney disease.”

Periodontitis is caused by accumulation of bacteria around the teeth, which trigger inflammation. As the disease progresses, chronic inflammation causes tooth loss and deterioration of the jawbone. The link between periodontitis and diabetes goes both ways: people with gum disease have a 20–30% higher risk of diabetes, and uncontrolled diabetes triples the likelihood of gum disease.

The Perio & Diabetes campaign will provide information for patients, the public, health professionals, and policymakers on a dedicated website.

Prof Shapira said: “We hope the project will have a major impact on healthcare by encouraging dentists, doctors, and health authorities to work more closely together in tackling periodontal diseases and diabetes. The UK study strengthens the evidence behind the EFP campaign.”

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Notes for Editors

References

1) D’Aiuto F, Gkraniias N, Bhowruth D, *et al.* Systemic effects of periodontitis treatment in patients with type 2 diabetes: a 12 month, single-centre, investigator-masked, randomised trial. *Lancet Diabetes Endocrinol.* 2018; (published online Oct 24.) [http://dx.doi.org/10.1016/S2213-8587\(18\)30038-X](http://dx.doi.org/10.1016/S2213-8587(18)30038-X)

About the Perio & Diabetes project

The Perio & Diabetes project, a collaboration between the European Federation of Periodontology (EFP) and SUNSTAR, promotes awareness of the important links between periodontal diseases and diabetes explaining how these two diseases can be fought together.

[About the EFP](#)

The European Federation of Periodontology (EFP) is an umbrella organisation of 30 national scientific societies devoted to promoting research, education and awareness of periodontal science and practice. It represents more than 14,000 periodontists and gum-health professionals from Europe, northern Africa, and the Middle East.

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