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Prevalence of Gingivitis, Periodontitis, Dental caries and the high percentage of tooth loss among female diabetic patients, as compared to the control non diabetic population

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Background: We have recently reported a rapidly rising rates of adult obesity (Farshori et al, 2015) and rising cases of type II diabetes (T2DM) in adult Saudi population (Farshori et al, 2016). If diabetes is poorly controlled it can eventually lead to serious complications such as many types of cancers, heart disease, renal failure and the poor oral hygiene leading to gingivitis, severe periodontitis and even tooth loss (Schulze and Busse, 2016).

Methods: Thorough oral exams were performed by Vth year female dental students on a total of 114 female non diabetic subjects and 60 T2DM female patients to look for cases of dental carries, gingivitis, periodontitis, and tooth decay and tooth loss. The data was recorded and analyzed by 5th year female dental students.

Results: In control group (age range 14-75 years, mean age 33.82 years), 89.47% showed signs of gingivitis and 31.57 % showed signs of serious periodontitis with 16.96 % tooth loss in control group. In comparison female diabetic patients (age range 23-71 years, mean age 45.1 years), 41.6% were Type I and 58.3% were T2DM patients. We found 95% of T2DM patients with gingivitis and 65% had severe periodontitis. Therefore our results show 89% of female control subjects showing signs of gingivitis as compared to 95% cases of gingivitis in diabetic patients. Although there was no significant difference in the cases of gingivitis between the control and diabetic female population however we found a statistically significant number of female T2DM patients showing signs of serious periodontitis (65%) as compared to the control population (31%). Similarly a significantly high percentage of tooth loss ((25.93%) was seen in diabetic patients as compared to the control group (16.96%).

Conclusions: A high percentage of diabetic patients show serious cases of periodontitis (65%) and increased tooth loss (26% lost tooth) as compared to the control non diabetic patients with 32% showing periodontitis and 17% lost tooth.

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