



VALIDATION OF SELF-REPORTED ORAL HEALTH MEASURES FOR PREDICTING PERIODONTITIS AMONG ADULT FILIPINOS WITH TYPE 2 DIABETES MELLITUS

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Periodontal Disease

6th Complication

3X Likelihood in DM

68% Prevalence

Mealey BL, Oates TW. Diabetes mellitus and periodontal diseases. J Periodontol 2000;77:1289-1303
 Bitong E, Jasul GV, DeBoza MAG. Prevalence of Periodontitis and its Association with Glycemic Control Among Patients with Type 2 Diabetes Mellitus Seen at SLLake's Medical Center. Philippine Journal of Internal Medicine. 2016; 48(1):9-14

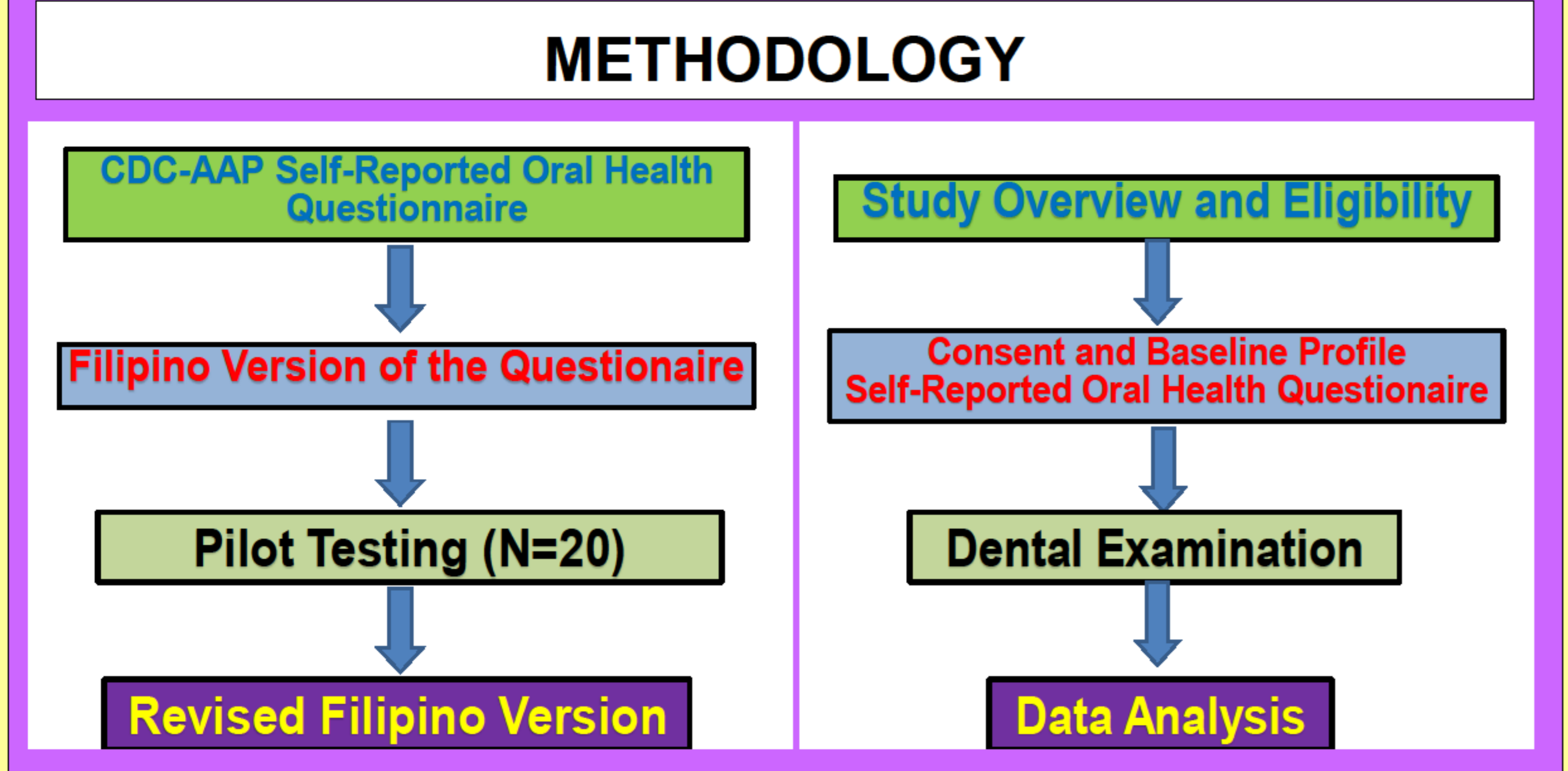
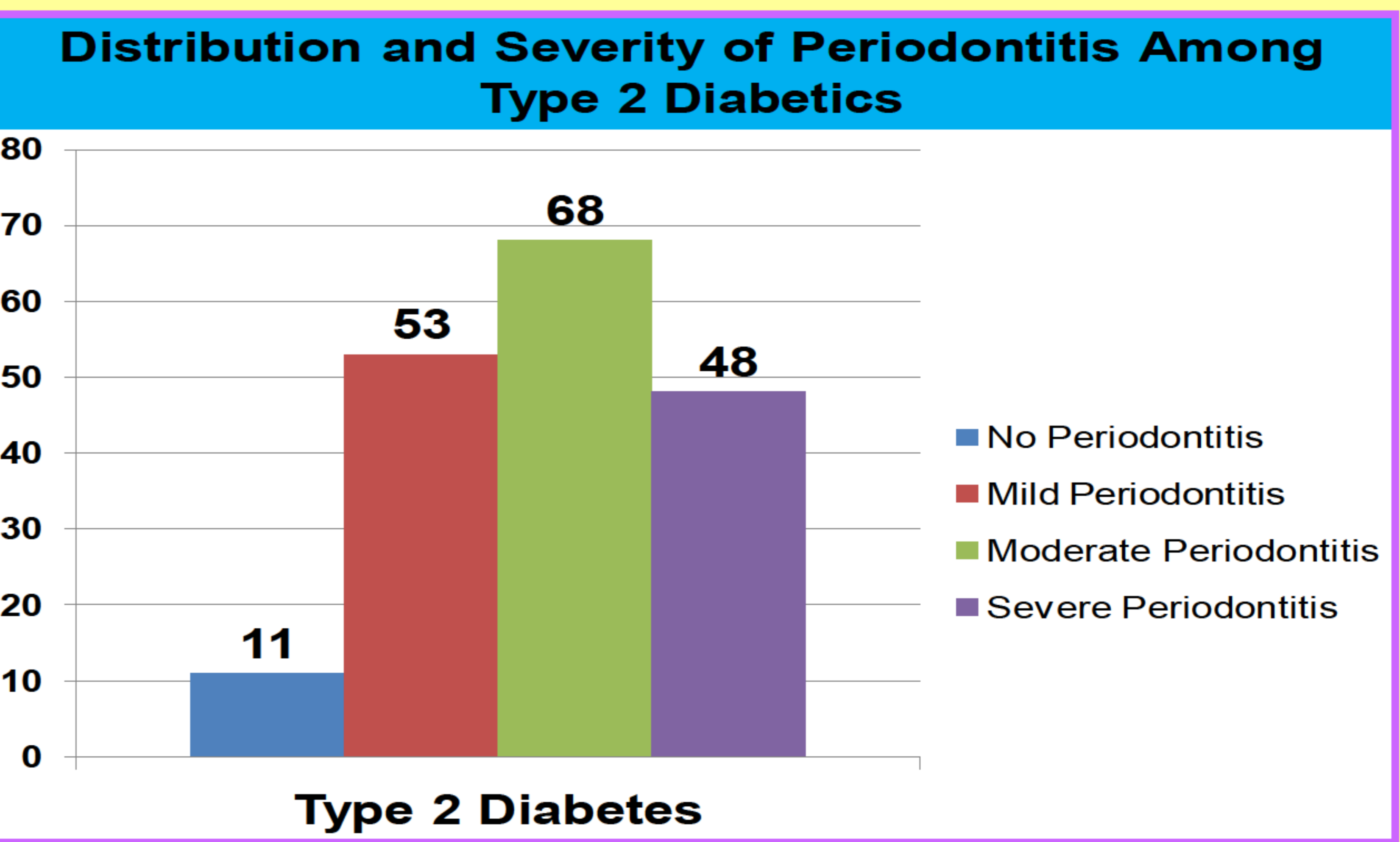


RESULTS

- In general, understanding and responses to all oral health questions were very high and consistent.
- Socio-demographic and medical variables considered to be significantly predictive of serious periodontitis were **male sex** [OR =2.17], **low educational status** [OR =2.98], **poor glycemic control** [OR =2.58], **less frequent dental visits** [OR =2.77] and **teeth loss > 6** [OR =5.02].
- Self reported oral health variables shown to be significantly predictive of serious periodontitis included **gum disease -Q1** [OR =8.33], **state of gum health -Q2** [OR =0.39], **loose teeth -Q3** [OR =63.0], **brushing of teeth -Q4** [OR =0.65], **use of mouthwash -Q4** [OR = 0.69] and **poor tooth appearance -Q5** [OR = 48.42].

BACKGROUND

Diabetes mellitus is currently being recognized as a global health problem. Adults with diabetes were less likely to have been seen or consulted a dentist than to seek consult with a health care provider for diabetes care. This provides an opportunity for health care providers to screen and educate patients regarding the possible oral complications that might develop. A cheap and easy way of clinical assessment via self-reported oral health questionnaire would be of great use especially in a developing country like the Philippines where there's limited resources for health care access. This study aims to validate self-reported oral health measures, socio-demographic and medical variables in predicting the presence and severity of periodontitis in Filipino adults with type 2 diabetes mellitus



Multivariate Logistic Regression Analysis and Proposed Scoring of Significant Oral Health Predictors for Serious Periodontitis

Predictors	Odds Ratio	p-Value	Proposed Score
Low Education Status	5.02	0.010	+ 3
Tooth Loss > 6	8.17	0.011	+ 4
Health of Gums (Q2)	0.56	0.017	- 1 (5)
Loose Teeth (Q3)	29.56	0.004	+ 7
Tooth Appearance (Q5)	31.63	0.001	+ 7

- Ang mga sakit sa gilagid ay karaniwang suliranin ng bibig. Ang mga taong may ganitong sakit ay maaaring nagdurugo, namamaga, umuurong, makirot o may impeksyon sa gilagid. Maaari itong tumagal nang higit pa sa dalawang linggo at hindi sanhi ng pagkasugat o problemang resulta ng paggamit ng pustiso.
 Sa palagay mo ba ay may sakit ka sa gilagid? Oo Hindi
- Sa pangkalahatan, paano mo susukat ang kalusugan ng iyong ngipin at gilagid?
 Pinakamaayos Lubhang maayos Maayos Medyo maayos Hindi maayos Hindi alam
 Ayaw sagutin
- Nakaranas ka na ba na:
 ... maoperahan upang malinis ang pinakailalim ng iyong gilagid? (hindi ito root canal o paglilinis na ginagawa sa karaniwang pagpapakonsulta) Oo Hindi
 ...magawan ng root planing, o minsan ay tinatawag na "malalimang" paglilinis ("deep cleaning") na ginagawa sa karaniwang pagpapakonsulta? Oo Hindi
 ...magkaroon ng permanenteng ngipin na lumuwag na lang ng kusa nang hindi resulta ng aksidente? Oo Hindi
 ...masabihin ng dentista na nawalan ka ng buto sa paligid ng iyong ngipin? Oo Hindi
- Sa nakalipas na 7 araw, ilang beses ka?
 ...nagsepiyo nang may toothpaste? _____ Bilang
 ...gumamit ng dental floss o dental tape? _____ Bilang
 ...gumamit ng pangmumog (mouthwash) o iba pang produktong panghugas sa bibig? _____ Bilang
- Sa nakalipas na 3 buwan, napansin mo bang may ngipin ka na hindi maayos sa iyong tingin?
 Oo Hindi

CONCLUSION

The use self-reported oral health questions appears to be a potentially useful screening tool for predicting the presence of serious periodontitis among type 2 diabetic patients in a local setting where resources are limited and routine clinical oral examinations are not feasible. This will provide a cost-effective and rapid method of identifying patients who are in need of immediate dental evaluation and would benefit most to a dental referral.