

Prevalence and severity of periodontal disease: type 2 diabetics versus non-diabetics.

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Abstract:

OBJECTIVE: To compare the periodontal status of a group of diabetic Coloured and Black communities of South Africa with a non-diabetic group. STUDY DESIGN: Sixty-seven type 2 diabetics (mean age: 49.3 +/- 8.97) and 67 non-diabetics (mean age: 47.6 +/- 8.85) were examined. The plaque index (P1I), gingival index (GI), probing depth (PD) and clinical attachment loss (CAL) were recorded on Ramfjord index teeth or their substitutes. Previous dental care, smoking status, alcohol consumption and socio-economic status were also assessed. RESULTS: Diabetics had significantly higher mean GI ($p = 0.001$), PD ($p = 0.031$) and CAL ($p = 0.022$) than non-diabetics. The mean P1I ($p = 0.531$) was not significantly different between the two groups. CONCLUSION: This study showed that diabetics had more severe and a higher prevalence of periodontal disease. Diabetics and their health care givers should be informed of these findings so that diabetics can seek early management of periodontal disease.