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Periodontal health status and its association with cardiovascular risk score among the rural community in Salem district (India)—A community based study

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Introduction: Periodontal interventions reduced cardiovascular risk, systemic inflammation, dyslipidemia, blood pressure, and endothelial dysfunction and may prevent embolic events and recurrence of arrhythmia.

Aim: To assess the association between cardiovascular risk score and periodontal health status among a rural community in India and to assess the possibility of including periodontal health as an independent risk assessment parameter for coronary artery disease.

Methodology: Total of 500 study subjects aged 30 and above was involved in the study. A semi-structured questionnaire was developed to assess the socio-demographic parameters and the Framingham risk score questionnaire was used for assessing the CVD risk.

Results: Correlation between CAD risk score and dental plaque index clearly shows that there is strong positive correlation between these two factors with a r value of 0.778 and it was found to be statistically significant ($<.001$). A significant correlation occurs between CPI score and CVD risk score.

Conclusion: It can be insisted that CPI can be included as one of the risk factor parameter for CVD. As of today, community education related to dental health is mostly restricted to school health that has to be extended to the entire community members, where they should be educated about the periodontal health and its role in the occurrence of CVD. So, a good periodontal health would help in prevention or reduction of morbidity due to CVD.

Keywords: Framingham cardiovascular risk score, periodontal index, correlation.

Biography

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