

decrease the levels of leptin. [6] Also, studies with ligature induced periodontitis on rat have shown increased bone loss in obese rats as compared to normal weighed rats. [7]

The prevalence of overweight and obese persons in a population has shown a gradual increase over the years attributed to the lifestyle changes, dietary habits, stress, lack of sleep and lack of exercise. In 1998, Subramanya reported the prevalence of overweight individuals to be 9.8% in [8] which have increased to 12.7% in 2008 [9] and 24.3% in 2013 [10]. In the present study, we aimed to evaluate the distribution of chronic periodontitis patients based on their BMI according to the WHO scoring criteria by retrospectively studying the patient records. All patients were of south Indian ethnicity. Out of 410 patients with chronic periodontitis, 1.4% of the patients were underweight, 58% were of normal weight, 39.7% were over-weight and 0.7% was obese. On comparing with the prevalence of overweight individuals in a normal population, we observed that the prevalence of overweight individuals in chronic periodontitis patients was significantly high (39.7%) justifying the association between the increase in BMI and periodontitis.

The limitations of the study were that there was no control group of healthy population given and the data was compared with the previous prevalence studies given in the literature. Also, other confounding risk factors like smoking, diabetes and systemic factors that are known to have a proven impact on periodontitis were not excluded from the study. There could also be a risk of bias since the case records were filled by different clinicians.

CONCLUSION

Within the limitations of the study, our results deduce a positive association between overweight individuals and chronic periodontitis.

Further studies may be carried out to assess the BMI of the individuals with the severity of periodontitis.

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