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Title: Gingival Blood Glucose Estimation with Reagent Test Strips-A Method to Detect Diabetes in a Periodontal Population

Authors: Shetty S, Kohad R, Yeltiwar R

Overview: The aim of this study was to determine the viability of screening for diabetes using gingival blood glucose levels.

Summary:

- 356 non-diabetic patients enrolled in study
- Subjects divided into three groups; healthy, gingivitis, periodontitis
- Blood sample obtained by lancet puncture of interdental papilla of upper anterior teeth. Blood sample collected on reagent test strip.

Results and conclusions:

- Diabetes detected in 19.7% of survey population
- 3.9% were from the healthy group, 7.8% from gingivitis group and 7.3% from the periodontitis group
- The use of reagent strips for estimation of gingival blood glucose levels seems to be a suitable option for screening for diabetes

Key take-aways:

Other studies have also shown the feasibility of using gingival blood for diabetes screening. The authors concluded that further studies need to be conducted to affirm their results. If the use of gingival blood is proven to be a reliable method of diabetes screening, it will be vitally important diagnostic tool. Diabetes prevalence in the U.S. is projected to increase from the current level of ~24 million individuals to ~45 million in 20 years. Early diagnosis and intervention is critically important to reduce morbidity and mortality.

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