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Title: Non surgical periodontal therapy improves serum levels of C- reactive protein and edematous states in female patients with idiopathic edema.

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Overview: Idiopathic edema is a syndrome of fluid retention with swelling of the face, hands, trunk and limbs in the absence of heart, liver or kidney disease. It occurs primarily in pre-menopausal women, commonly occurring prior to menstruation. This study examined the effect of periodontal therapy to reduce the oral contribution to systemic inflammation, which may contribute to idiopathic edema.

Summary of research:

- 30 patients with idiopathic edema allocated to both intervention and control groups
- All assessed for body weight, body mass index, visual scale of edema, serum CRP and serum albumin, plaque, calculus and gingival indices
- Intervention group received oral hygiene instruction, SRP and systemic antibiotics. Both groups re-evaluated after 4 weeks.

Results and conclusions:

- Both groups comparable at baseline
- All parameters except serum albumin significantly improved in intervention group following perio therapy
- Control group showed further worsening of parameters

Key take-aways:

This study was undertaken with subjects who did not respond to conventional treatments such as progesterone and ACE inhibitors among others Sources of systemic inflammation including periodontal disease may affect development of idiopathic edema. Successful elimination of these sources of inflammation led to a clinical benefit in this study. The positive impact of eliminating the oral contribution to total inflammatory burden is being revealed by many studies.

Implementation Strategies:

Reinforcing what we already know regarding the early recognition and treatment of periodontal disease, this study pinpoints the specific issue, inflammation. Over and over again in the research we see a relationship between chronic illness or disease and the resulting inflammatory burden, which is only made worse when periodontal disease is present.

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With all of our patients we continue to identify early, diagnose and treatment plan assertively utilizing all of the diagnostic tools at our disposal. In addition to the standard clinical data collection, a pathogen test to determine the bacterial cause of the periodontal infection will aid in treatment planning as well as risk assessment for progression of future disease.

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