

NUTRITIONAL INFLUENCES ON PERIODONTIUM

- A Review



A Library Dissertation

By

Dr. A.M. Phanindra

Department of Periodontics
S.D.M. College of Dental Sciences & Hospital
Dharwad

July 1996

Periodontal disease is a long-term disorder considered to be of almost universal prevalence. Periodontal diseases are multifactorial and in general no single etiologic agent that totally accounts for the pathologic alterations can be found. Etiologic factors can be categorized under local and systemic factors. Among various systemic factors that influence periodontal structures in health and disease the role of the nutrition is considered significant.²²

The pattern and distribution of periodontal disease among various population groups involve both the disease producing agents and the possible contribution of various host factors.²²

Tissue resistance is modified in turn by physical, emotional stress, nutritional status and various systemic conditions. The course and severity of most infections are exaggerated in malnutrition.²²

Nutrition has a strong influence on growth, development and metabolic activity of the periodontium and its deficient state can modify the expression of the primary etiologic factors or alter the periodontal defense state, the consequence which would lead to an alteration of its normal state causing disease.²²

Severe nutritional deficiencies appears to play a role in the etiologic history of periodontal disease. Protein calorie malnutrition is a common problem in developing countries it promotes the development of acute periodontal lesion in adults and children.²²

Conditioned marginal nutritional deficiencies caused due to increased use of drugs, learned taste aversions, alcoholism and food faddism, are common and may play a role in the etiology of periodontitis.²²