



<b>Title</b>	<b>Effect of oral health care on Chinese diabetic patients</b>
<b>Author(s)</b>	<b>Rong, WS; Lo, ECM; Siu, SC</b>
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# **0760 Effect of oral health care on Chinese diabetic patients**

[W.S. RONG](#), Peking University, School of Stomatology, Beijing, China, E.C.M. LO, University of Hong Kong, Hong Kong, and S.C. SIU, Tung Wah Eastern Hospital, Diabetes Mellitus Research and Training Centre, Hong Kong, China

Objective: To compare the changes in the level of glycosylated hemoglobin (HbA1c) over a one-year period in type 2 diabetic patients who had received regular oral health care services with those who had not. Methods: This was a non-parallel matched case-control study. At baseline, 105 patients with poorly-controlled type 2 diabetes (HbA1c  $\geq$  8%), aged 41-70 years, who regularly attended a diabetes centre in Hong Kong, were recruited. A thorough clinical examination and later comprehensive dental treatments were provided by dentists in a dental teaching hospital. After the active treatment phase, subjects who had received all the planned dental treatment were reviewed every 3 months for a year. At the 12-month evaluation, 83 patients (79% of the original cohort) remained in the treatment group. Around the time of the evaluation, 60 type 2 diabetic patients who had not received any professional oral health care during the past 12 months, and who matched the treatment group subjects in terms of age, gender, and baseline HbA1c level were recruited into the comparison group. Results: No statistically significant differences ( $p > 0.05$ ) in baseline demographic and oral health status were found between the treatment group subjects who remained in the study and those who dropped out. During the study period, the level of the HbA1c of the treatment group subjects decreased significantly from 9.0% to 8.1% (paired t-test;  $p < 0.001$ ). The reduction was significantly higher than that in comparison group over the same time period, 0.9% vs. 0.3% (t-test;  $p < 0.01$ ). Results of analysis of covariance showed that baseline HbA1c level, baseline diabetes control method, and receipt of oral health care were significantly related to the change in HbA1c. Conclusion: Provision of comprehensive dental treatment and maintenance of good oral health can lead to an improvement in glycemic control in patients with poorly-controlled type 2 diabetes mellitus.

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