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Oral health-related quality of life changes upon non-surgical periodontal therapy

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Dentists are becoming increasingly cognizant of patient-centered treatment outcomes. Patients' quality of life is one major focus. Studies have demonstrated a significant association between oral health-related quality of life (OHQoL) and periodontal disease. However, so far no report is available on the influence of non-surgical periodontal therapy on OHQoL. **Objective:** To study the influence of non-surgical periodontal therapy on OHQoL over a 6-month period in Chinese adults with chronic periodontitis. **Methods:** 24 Chinese adults (9 males, mean age 46.75±4.56 years) with moderate-to-advanced periodontitis were recruited. All received oral hygiene instructions (OHI), scaling and root debridement using quadrant-wise approach. During recall visits, OHI and prophylaxis are repeated. Clinical parameters including probing pocket depth (PPD, measured using the Florida Probe®), bleeding on probing (BOP), and supragingival plaque (PI) were recorded at baseline, and at 3- and 6-month post-treatment. The oral health impact profile short form (OHIP-14S) was completed at baseline, immediately post-treatment, 1-, 3-, and 6-month post-treatment. **Results:** Mean percentage of deep sites (≥5mm) reduced from 25.9% at baseline to 3.3% at 6-month (p<0.0001). The reductions in PI% and BOP% were from 65.3% to 37.3% (p<0.0001) and from 87.6% to 35.2% (p<0.0001), respectively. Mean OHIP-14S score rose from 20.0 at baseline to 21.5 (p=0.77) immediately post-treatment, and then gradually declined to 16.7 at 6-month post-treatment (p=0.11). **Conclusion:** The non-surgical periodontal treatment responses of the 24 Chinese adults were favourable and were as expected. OHQoL showed trend of deterioration immediately post-treatment and gradual improvement over the 6-month follow up period. A larger sample size and perhaps a longer observation period are needed to demonstrate if appropriate periodontal therapy may eventually lead to significant improvement of OHQoL.

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