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Increased physical activity reduces prevalence of periodontitis.

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OBJECTIVES :Physical activity has been shown to have a protective relationship with several chronic diseases .Recently, physical activity was also found to reduce the risk of periodontitis in a study in male health professionals. However, the relationship between physical activity and periodontitis in a diverse group of individuals is not thoroughly examined .The purpose of this study was to examine if there is an association between sustained physical activity and periodontitis in a subset of the third national health and nutrition examination survey)NHANES III .**(METHODS** :NHANES III participants 18 years of age or older who had had a periodontal examination and reported to have a similar physical activity)or inactivity (level for 10 years or longer were selected)n=2521 .(Multivariable logistic regression analysis was used to estimate the association between physical activity and periodontitis .The analysis was adjusted for :age, gender, race, education, smoking, body mass index, poverty index, vitamin use, healthy eating index, time since last dental visit, gingival bleeding, and dental calculus .**RESULTS** :Engaging in the recommended level of physical activity was significantly associated with lower periodontitis prevalence)OR=0.58, 95 %CI, 0.35-0.96 .(Smoking, however, was found to modify this relationship .The association was strong and significant among never)OR=0.46, 95 %CI, 0.23-0.93 (and former smokers)OR=0.26, 95 %CI :0.09-0.72(, but not among current smokers)OR=1.10, 95 %CI :0.48-2.53 .**(CONCLUSIONS** :These results suggest that engaging in the recommended level of exercise is associated with lower periodontitis prevalence, especially among never and former smokers.

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