

## IMPACT OF NON-SURGICAL PERIODONTAL THERAPY ON OHRQOL IN AN OBESE POPULATION, A RANDOMIZED CONTROL CLINICAL TRIAL

**Samara S Basher, Noradinar Baharuddin, Fouad Al Bayati, Roslan Saub and Aqil M Daher**

University Malaya Medical Centre, Malaysia

**Background:** Oral health related quality of life (OHRQoL) is an important measure of disease and intervention outcomes. Chronic periodontitis (CP) is an inflammatory condition that is associated with obesity and adversely affects ORHqoL. Obese patients with CP incur a double burden of disease. In this poster we aimed to explore the effect of non-surgical periodontal therapy (NSPT) on OHRQoL among obese participants with chronic periodontitis.

**Materials & Methods:** This was a randomized control clinical trial at the Faculty of Dentistry, University of Malaya. A total of 66 obese patients with chronic periodontitis were randomly allocated into the treatment group (n=33) who received NSPT, while the control group (n=33) received no treatment. Four participants (two from each group) were non-contactable 12 weeks post intervention. Therefore, their data were removed from the final analysis. The protocol involved questionnaires (characteristics and OHRQoL (oral health impacted profile- 14; OHIP-14)) and clinical examination.

**Results:** The OHIP prevalence of impact (PI), overall mean OHIP severity score (SS) and mean OHIP extent of Impact (EI) at baseline and at 12 weeks follow up were almost similar between the two groups and statistically not significant at ( $p=0.618$ ), ( $p=0.573$ ), and ( $p=0.915$ ), respectively. However, in a within -group comparison, OHIP PI, OHIP SS, and OHIP EI showed a significant improvement for both treatment and control groups and the p values were ((0.002), (0.008) for PI), ((0.006) and (0.004) for SS) and ((0.006) and (0.002) for EI) in-treatment and control groups, respectively.

**Conclusion:** NSPT did not significantly affect the OHRQoL among those obese with CP. Regardless, NSPT, functional limitation and psychological discomfort domains had significantly improved.