

Association of Overweight and Obesity with Periodontal diseases: review of the literature

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Abstract

Background and Aim: Obesity is a major health problem, that its prevalence is increasing worldwide .obesity and overweight are important risk factors for different diseases such as diabetes, hypertension and cardiovascular diseases .The inflammatory nature of obesity may have a role in increasing the susceptibility to periodontal diseases .In this article, studies which investigated the relationship between obesity and periodontal diseases have been reviewed.

Materials and Methods: An electronic PubMed/Medline, Google scholar, Iran medex, Interscience search was performed with Mesh terms “obesity and periodontal disease” and “BMI and periodontitis” .all articles until the end of 2015 was included and 47 articles was collected.

Conclusion: : It seems that obesity is a risk indicator for periodontal disease; but more longitudinal and prospective studies are needed to confirm this relationship and clarify its details. However, prevention and treatment of obesity may be a supportive care in periodontal health.

Keywords: *Obesity, Periodontal diseases, Body Mass Index , Periodontitis*