

# BDJ Team CPD



## CPD questions May 2020

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### Article: Periodontitis and diabetes

The collage shows various sections of the article, including:

- Abstract:** Periodontitis and diabetes are complex chronic diseases, both with a multifactorial aetiology. The link between the two diseases is bidirectional and has been extensively studied. The aim of this review is to provide an overview of the current evidence on the link between diabetes and periodontitis, and to discuss the implications for the management of patients with both conditions.
- Introduction:** Periodontitis is a chronic inflammatory disease of the supporting structures of the teeth, characterised by the presence of periodontal pockets, alveolar bone loss, and the formation of periodontal abscesses. Diabetes mellitus is a chronic metabolic disease characterised by hyperglycaemia. The link between the two diseases is bidirectional, with diabetes increasing the risk of periodontitis and periodontitis increasing the risk of diabetes.
- Diagnosis:** The diagnosis of periodontitis is based on the presence of periodontal pockets, alveolar bone loss, and the formation of periodontal abscesses. The diagnosis of diabetes is based on the presence of hyperglycaemia.
- Management:** The management of periodontitis involves a combination of mechanical and antimicrobial therapy. The management of diabetes involves a combination of lifestyle changes and pharmacological therapy.
- Conclusion:** The link between diabetes and periodontitis is bidirectional and has significant implications for the management of patients with both conditions. A multidisciplinary approach involving both dental and medical professionals is essential for the best outcomes.

- 1. Periodontitis and diabetes share various characteristics as diseases. Which of the following is not one of them?**
  - A. highly prevalent
  - B. acute
  - C. non-communicable
  - D. chronic
- 2. (HbA1c) is a measurement of:**
  - A. venous plasma glucose
  - B. polyuria
  - C. non-fasting glycated haemoglobin
  - D. plasma glucose tolerance

- 3. The risk of periodontitis is:**
  - A. decreased with poorer glycaemic control
  - B. not improved in diabetic patients by implementing periodontal treatment
  - C. shown in numerous studies to be independent of diabetic status
  - D. increased 2-3 times in people with diabetes compared to individuals without
- 4. Dental clinicians who wish to perform diabetes risk screening are recommended to:**
  - A. only do so in collaboration with the patient's medical practitioner
  - B. use the Diabetes UK Diabetes Risk Score

- C. utilise the University of Manchester finger prick test**
- D. check with their indemnity provider each time before undertaking such a procedure**

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