

BDJ Team CPD



CPD questions November 2021

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Article: Should we be giving dietary advice to prevent periodontal disease? The effect of a low-carbohydrate diet in reducing periodontal inflammation

Should we be giving dietary advice to prevent periodontal disease? The effect of a low-carbohydrate diet in reducing periodontal inflammation



By **Bev Littlemore** and **Sarah Dunster**

INTRODUCTION Dietary advice to the dental visiting professional focuses on the prevention of dental caries with up to 10% thought to be periodontal disease. Whilst the connection between diet and periodontal disease is becoming clearer, there is still a need for more research. This review examines the current evidence on the effect of a low-carbohydrate diet on periodontal inflammation. The authors review the current evidence on the effect of a low-carbohydrate diet on periodontal inflammation. The authors review the current evidence on the effect of a low-carbohydrate diet on periodontal inflammation. The authors review the current evidence on the effect of a low-carbohydrate diet on periodontal inflammation.

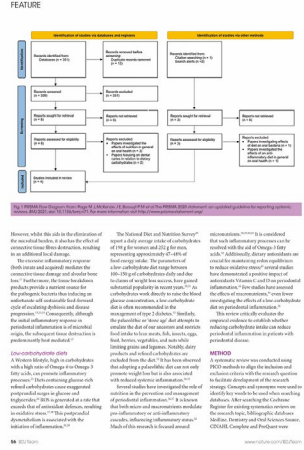


Table 1: Features and outcomes criteria. This table lists various features like 'Dietary advice' and 'Periodontal inflammation' and their corresponding outcomes, such as 'Reduction in periodontal inflammation'.

Table 2: Summary of evidence for general inflammation, glycaemic control, and periodontal disease. This table summarizes findings from various studies, including authors, study designs, and key results.

1. The common risk factor approach proposed by Sheiham and Watt (2000) does not link diet to:

- A. cardiovascular disease
- B. obesity
- C. periodontal disease
- D. dental decay

2. Select the correct answer:

- A. the bacteria within dental biofilm release biologically active components
- B. complement is an important mediator of the adaptive immune responses
- C. severe periodontitis has a standardised prevalence of 11.2% worldwide
- D. all of the above

3. Which is false regarding carbohydrate in diets?

- A. diets containing glucose-rich refined carbohydrates cause exaggerated postprandial surges in glucose
- B. the parameters of a low-carbohydrate diet range between 47–48 g of carbohydrates daily
- C. carbohydrates work directly to raise the blood glucose concentration
- D. a diet high in carbohydrates with a high ratio of Omega-6 to Omega-3 can promote inflammatory processes

4. Which of the following is not a conclusion or recommendation made in this article?

- A. all papers in the review included anti-inflammatory components to the dietary regimes
- B. all four studies reported similar outcomes
- C. the results highlight the potential of combining dietary advice relating to anti-inflammatory low-carbohydrate diets with appropriate oral health regimes
- D. the breadth of high-quality research currently available in this area is sufficient to inform policy change