

Periodontitis and lifestyle



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Healthy lifestyles for healthy gums

- 1 Adopting a healthy lifestyle is essential to prevent and treat periodontitis. Healthy behaviors such as physical activity and a balanced diet reduce the risk of periodontitis and help the body to respond better to the therapies of affected patients.



Not all types of physical activity are the same!

- 2 Recent studies show that recreational physical activity, performed during free time, can reduce the risk of severe periodontitis by up to 28%. In contrast, people who perform physically demanding jobs are at greater risk of periodontal disease. This phenomenon is known in the medical literature as the “physical activity paradox”.



How recreational physical activity protects against periodontitis

- 3 Physical activities such as sports and walking reduce levels of systemic inflammation, strengthen the immune system and promote the release of endorphins, helping to counteract stress, a key risk factor for periodontitis.



How much physical activity is needed for healthy gums?

- 4 The greatest benefits are achieved with at least two and a half hours of moderate to intense recreational physical activity per week. However, even light activity, such as a 20-minute walk per day, especially for older adults, can be sufficient to promote periodontal health.



Healthy lifestyles tend to be interconnected

- 5 Regular physical activity also encourages other healthy choices, such as maintaining a balanced diet, getting enough sleep, and paying more attention to oral hygiene. People who exercise are also less likely to smoke and drink alcohol, further strengthening the health of their gums.



What is the ideal dietary pattern?

- 6 There is no ideal dietary model, although it has been demonstrated that the Mediterranean diet can have significant anti-inflammatory effects and be associated with a reduction in diseases such as diabetes and cardiovascular pathologies, which are closely related to periodontitis.



What foods should be part of a healthy diet?

- 7 Consuming specific foods such as whole grains, fruits, vegetables, legumes, extra virgin olive oil, and a moderate amount of animal protein sources - such as meat, fish, eggs, milk, and dairy products - ensures the intake of all the nutrients necessary to prevent diseases, including those affecting oral health.



Which foods should be limited?

- 8 Limiting your intake of simple sugars, such as candies, fruit juices, or added sugars in coffee or tea, can help to reduce both gum bleeding and the risk of tooth caries.



The importance of vitamin intake

- 9 A proper intake of vitamins through a diet rich in fruits and vegetables is essential. In fact, a deficiency of vitamins C and D can increase susceptibility to gum disease, while regular consumption through diet helps to reduce its prevalence.



Foods that help improve the inflammatory response

- 10 Foods such as salmon and nuts contain polyunsaturated fatty acids, such as omega-3 fatty acids, which may help regulate and reduce the inflammatory response in periodontitis. Finally, adequate hydration (about 2 liters of water per day) is crucial for overall well-being and should be an integral part of our daily routine. On the other hand, dehydration is associated with chronic diseases and premature biological aging.

Therefore, adopting a healthy lifestyle—regular physical activity and a balanced diet rich in anti-inflammatory foods—not only improves gum health and helps prevent oral diseases but also plays a role in preventing many other chronic systemic diseases, including diabetes, cardiovascular diseases, and cancer. A healthy lifestyle, with low stress levels, helps us live better, longer... and with all our teeth!

Oral health
as quality of life



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