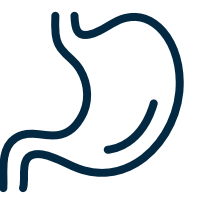


# RECOMMENDATIONS

## METABOLIC SYNDROME – GUM DISEASE

1

Gum Disease are associated to a higher prevalence of non-infectious chronic diseases, including Metabolic Syndrome; monitoring and therapy strategies are an opportunity for health professionals in order to reduce their socio-economic impact.



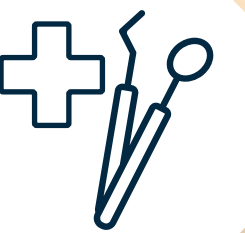
2

A close cooperation between Oral Health Professionals (OHPs) (Dentists and Dental Hygienists) and Specialists in Internal Medicine is suggested in order to support patients to control cardio-metabolic risk factors and improve their general health.



3

Dental office should be a node in the health network aimed at providing support in management of patients affected by or at risk for metabolic syndrome.



4

The improvement of periodontal conditions in subjects with Metabolic Syndrome is associated with an improvement in glycemic control and blood pressure. It is therefore suggested to include the treatment and monitoring of gum diseases in the context of the control of cardio-metabolic risk factors specific to the Metabolic Syndrome in close collaboration with Specialists in Internal Medicine.



5

OHPs might contribute to the screening activity by intercepting subjects at risk for or affected by Metabolic Syndrome (e.g. blood sugar value, systolic/diastolic blood pressure, in-depth medical history with a dedicated questionnaire).



6

In case of a positive screening result for the clinical signs of Metabolic Syndrome, it is essential that OHPs refer the patient to the GP for the subsequent diagnostic evaluation and for the consequent activation of appropriate therapeutic pathways.



7

OHPs must encourage correct lifestyles to manage clinical and behavioral risk factors (smoking, overweight, physical inactivity, correct diet, excessive stress).



8

In the context of the prevention of Metabolic Syndrome, Specialists in Internal Medicine should also promote habits and lifestyles associated with the maintenance/improvement of oral health.



9

In subjects at risk for Metabolic Syndrome, Specialists in Internal Medicine may perform screening for gingival diseases to detect signs, like gum bleeding, halitosis, dental mobility, teeth migration, gingival recessions, which suggest the need for a dental visit.



10

In subjects affected by Metabolic Syndrome, in addition to controlling cardio-metabolic risk factors, Specialists in Internal Medicine should recommend a dental consultation with evaluation of oral/ gingival health.

