

# Extra weight may increase dental risks

May 17 2017

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Being overweight or obese was linked with an increased likelihood of having poor oral health in a recent study.

In the study of 160 participants, those with BMI  $\geq 23$  had generally more severe periodontitis, total inflammatory dental diseases, and leukocyte counts than [normal weight](#) individuals. Patients who were obese (BMI  $\geq 25$ ) had almost a 6-times increased risk for severe periodontitis compared with normal weight participants. Altered inflammatory molecules that are associated with [obesity](#) may play a role.

The results are published in *Oral Diseases*.

**More information:** S Thanakun et al, Increased oral inflammation, leukocytes, and leptin, and lower adiponectin in overweight or obesity, *Oral Diseases* (2017). [DOI: 10.1111/odi.12679](https://doi.org/10.1111/odi.12679)

Provided by Wiley

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