

# Review links periodontitis to increased odds for hypertension

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(HealthDay)—Periodontitis (PD) is a possible risk factor for

hypertension, according to a review published online Sept. 24 in *Cardiovascular Research*.

Eva Muñoz Aguilera, from University College London, and colleagues conducted a [systematic review](#) to examine the association between periodontitis and [hypertension](#). Data from 40 studies were included in quantitative meta-analyses.

The researchers found that diagnoses of moderate-severe and severe PD were associated with an increased risk for hypertension (odds ratios, 1.22 [95 percent confidence interval (CI), 1.10 to 1.35] and 1.49 [95 percent CI, 1.09 to 2.05], respectively). In prospective studies, the researchers confirmed the association of PD diagnosis with an increased likelihood of hypertension occurrence (odds ratio, 1.68; 95 percent CI, 0.85 to 3.35). Compared with non-PD, patients with PD exhibited higher mean systolic and diastolic blood pressure (weighted mean differences, 4.49 mm Hg [95 percent CI, 2.88 to 6.11] and 2.03 mm Hg [95 percent CI, 1.25 to 2.81], respectively). Five of 12 interventional studies confirmed a reduction in BP following treatment of PD, with reductions of 3 to 12.5 mm Hg in [systolic blood pressure](#) and 0 to 10 mm Hg in [diastolic blood pressure](#).

"Our findings highlight the potential to improve cardiovascular outcomes by addressing poor oral health in the [general population](#)," the authors write. "Longer and larger studies are needed however to determine whether periodontal treatment [benefits] patients in terms of cardiovascular health, ultimately resulting in reduced morbidity and mortality."

**More information:** [Abstract/Full Text](#)

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