

Gastroesophageal reflux disease raises risk for periodontitis: Study

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Patients with gastroesophageal reflux disease (GERD) have an increased

risk for periodontitis development, according to a study published online Nov. 19 in *Biomedicines*.

Xin Li, from China Medical University in Taichung, Taiwan, and colleagues conducted a [retrospective cohort study](#) to examine the association between GERD and subsequent periodontitis risk using epidemiological data from the Taiwan National Health Insurance Research Database from 2008 to 2018. A total of 20,125 participants with a minimum age of 40 years were included in the GERD group and propensity-matched in a 1:1 ratio with non-GERD participants.

The researchers found that the incidence rate of periodontitis was significantly higher in patients with versus those without GERD (30.0 versus 21.7 per 1,000 person-years; adjusted hazard ratio, 1.36). Patients with GERD had a higher risk for periodontitis in analyses stratified for age (adjusted hazard ratios, 1.31 and 1.42 for age 40 to 54 and 55 to 69 years, respectively), sex (adjusted hazard ratios, 1.40 and 1.33 for men and women, respectively), and presence and absence of comorbidity (adjusted hazard ratios, 1.36 and 1.40, respectively) compared with those without GERD. The risk for periodontitis was increased with an increasing number of emergency room visits among the GERD cohort (one or more versus less than one; adjusted hazard ratio, 5.19).

"Clinicians should pay more attention to the development of periodontitis while caring for patients with GERD," the authors write. "On the other hand, dentists may consider GERD as an etiology of unexplained periodontitis."

More information: Xin Li et al, Risk of Periodontitis in Patients with Gastroesophageal Reflux Disease: A Nationwide Retrospective Cohort Study, *Biomedicines* (2022). [DOI: 10.3390/biomedicines10112980](https://doi.org/10.3390/biomedicines10112980)

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