Extra weight may increase dental risks

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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 ≥23 had generally more severe periodontitis, total inflammatory dental diseases, and leukocyte counts than normal weight individuals. Patients who were obese (BMI ≥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*.


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