

## JUSTIFICATION OF THE SYSTEMIC APPROACH TO DIAGNOSIS AND TREATMENT PATIENTS WITH DIABETES MELLITUS AND PERIODONTAL DISEASE

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Periodontitis is a polyetiological disease. There is a bidirectional relationship between periodontal diseases and diabetes mellitus.

to study the effectiveness of the conservative stage of complex periodontal treatment among patients with type 1 diabetes of different ages.

We conducted a survey of 25 people from 20 to 50 years who had type 1 diabetes. Patients were divided into groups depending on age: group 1 - from 20 to 30 years, group 2 - from 30 to 40, group 3 - from 40 to 50 years. All patients answered questionnaires and underwent a dental examination with pH-metry of the oral liquid. Then, all patients underwent a professional oral hygiene complex. After 4 weeks there was a reexamination.

Patients with type 1 diabetes had on average a weakly positive compliance (4,36). The average values of the Green-Vermillon hygiene index (1,22) and the Silness-Loe dental plaque index (0,92) were satisfactory, the approximal plaque index (71,4%) was quite high. Indices of periodontal status indicated the presence of inflammation of the gingiva (PMA = 42,1%, Muhle-mann index = 0,78). The pH of the oral liquid was the lowest in group 2 (4,86). After 4 weeks compliance increased by an average of 3.5 units. Re-measuring the indices showed a significant decrease in amount of dental plaque and calculus and in inflammation of gums (Green-Vermillon index=1,04, Silness-Loe index = 0,87, Muhlemann index = 0,66, API = 66,4%, PMA = 20%).

With age among patients with type 1 diabetes mellitus compliance decreases, which in a certain way affects the state of the oral cavity. 1 month after the conducted professional oral hygiene complex there was found an improvement in the hygienic and periodontal status of the oral cavity in patients with diabetes, as well as an increase in the level of compliance.