

RECOMMENDATIONS FOR DENTISTS

MANAGING PATIENTS WITH GINGIVITIS AND PERIODONTITIS

-  Arterial hypertension and periodontitis are two very common chronic non-communicable diseases.
-  Arterial hypertension is only defined when blood pressure values are $\geq 140/90$ mmHg.
-  Arterial hypertension affects about 1/3 of the Italian population. It is estimated that at least 1 in 10 people have not been diagnosed with hypertension and they are unaware.
-  Arterial hypertension contributes to the development of cardiovascular diseases, which are the leading cause of death in Italy.
-  There is scientific evidence demonstrating the association of arterial hypertension with periodontitis and gingivitis.
-  Arterial hypertension and periodontitis share many risk factors: smoking, stress, obesity, diabetes, unhealthy diet, sedentary lifestyle.
-  Patients diagnosed with hypertension should be evaluated for the presence of periodontitis and gingivitis.
-  According to the guidelines, assessment of blood pressure can enable early diagnosis of patients at risk for arterial hypertension or with arterial hypertension.
-  Patients with blood pressure values $\geq 140/90$ mmHg and associated risk factors (smoking, diabetes, obesity, unhealthy diet...) should be referred either to their general practitioner or to a hypertension treatment center (<https://siia.it>).
-  In addition to improving oral health status, periodontal therapy can also help to achieve better control of systolic blood pressure.