

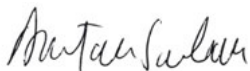
Common risk factors for dental caries and periodontal diseases?

It is well accepted that the dental biofilm is the main aetiological factor for the development of dental caries and periodontal diseases.⁶ Epidemiological data indicate that not only the prevalence of dental caries has decreased in various regions of the world, but there is also a certain decline in the prevalence of periodontitis prevalence.^{3,4}

However, the global population growth and the increase in life expectancy are associated with an increase in tooth retention and number of people affected by dental caries and periodontitis (e.g. 37% for untreated caries and 67% for severe periodontitis). Solid evidence points to an association of low socioeconomic status with a higher risk of caries and a higher prevalence of periodontitis, indicating that the management of both diseases is strongly related to effective oral hygiene performed at home. On the other hand, while oral hygiene frequency and dental attendance have been identified as modified risk factors for caries, there is no evidence supporting dental attendance as a risk factor for periodontal diseases.^{2,5}

Interestingly, the role of smoking as a potential risk factor for caries development is supported by a very low level of evidence, but it is a well-documented risk factor for periodontitis. Furthermore, there is little evidence of the association between diabetes mellitus and dental caries, while diabetes is a true risk factor for periodontitis.^{2,5}

Thus, it is evident that there is an urgent need for additional research exploring common factors between dental caries and periodontal diseases. At present, the development of novel strategies for the prevention and control of dental caries and periodontal diseases, as well as individual-based interventions, are the most realistic approaches to ensure life-long tooth conservation.^{1,2,5}



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