

2019 Clinical Research in Periodontology Award

Each year, the American Academy of Periodontology (AAP) presents the Clinical Research Award, sponsored by Quintessence Publishing Company, to the authors of an outstanding published scientific study with direct clinical relevance in periodontics. The winning study must follow established scientific methods for a human study, be published in English in a scientific journal during the previous calendar year, directly apply to the practice of periodontics, and provide new information that can be readily used by practitioners in the evaluation of patients.

The 2019 award recognized the study titled “Systemic Effects of Periodontitis Treatment in Patients with Type 2 Diabetes: A 12 Month, Single-Centre, Investigator-Masked, Randomized Trial,” by Francesco D’Aiuto, Nikolaos Gkraniias, Devina Bhowruth, Tauseef Khan, Marco Orlandi, Jeanie Suvan, Stefano Masi, Georgios Tsakos, Steven Hurel, Aroon Hingorani, Nikolaos Donos, Jean Deanfield; and TASTE Group (*Lancet Diabetes Endocrinol* 2018;6:954–965). The study authors accepted the award at the AAP’s 2019 Annual Meeting in Chicago, Illinois, USA.

The study, which appeared in the December 2018 issue of *The Lancet Diabetes & Endocrinology*, evaluated glycemic control in patients with type 2 diabetes and how it was affected by periodontal treatment.

Patients (N = 264) with type 2 diabetes, moderate-to-severe periodontitis, and at least 15 teeth were randomly assigned to receive either intensive (n = 133) or controlled (n = 131) periodontal treatment with the primary outcome of evaluating the differences in hemoglobin A1c (HbA1c) levels between the two treatment groups at the 1-year follow-up. Both groups had a mean baseline HbA1c level of 8.1% ± 1.7%. After 12 months, mean HbA1c levels in the control group increased to 8.3% ± 0.2%. In the intensive-treatment group, these levels decreased to 7.8% ± 0.2%. After adjusting for patient characteristics and demographics, the intensive-treatment group’s HbA1c levels were 0.6% lower than those of the control group (P < .0001). Though adverse



Dr Francesco D’Aiuto accepts the Clinical Research Award on behalf of the recipients.

events occurred in both groups, some of which were serious (8% per group), these findings indicate that regular oral health assessments and periodontal treatment may help manage type 2 diabetes.

To view the study’s abstract, please visit <https://www.ncbi.nlm.nih.gov/pubmed/30472992>. For information about the AAP Clinical Research Award, please visit www.perio.org/members/ma/ma.html#clinical.