

عنوان مقاله:

THE EFFECTS OF MELATONIN SUPPLEMENTATION ALONG WITH NON-SURGICAL PERIODONTAL THERAPY
ON METABOLIC AND PERIODONTAL PARAMETERS IN TYPE 2 DIABETES MELLITUS PATIENTS WITH
CHRONIC PERIODONTITIS

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 2

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خلاصه مقاله:

Background and Aim: Background: The Objective of this study was to investigate the effects of melatonin supplementation along with non-surgical periodontal therapy on metabolic factors and periodontal status in type 2 diabetes mellitus (T2DM) patients with chronic periodontitis (CP). **Methods:** Material and methods: In this double-blind clinical trial study, 50 T2DM patients with CP were randomly allocated to intervention and control groups. The intervention and control groups received either 6 mg melatonin or placebo (2 tablets) once a day. Fasting blood glucose (FBG), glycosylated hemoglobin levels (HbA1c), triglyceride TG, total cholesterol (CHOL), high-density (HDL), and low-density lipoprotein (LDL) cholesterol, VLDL (very low-density lipoprotein), systolic and diastolic blood pressure (SBP, DBP), weight, body mass index (BMI), Waist and Hip circumference (WC, HC), clinical attachment loss (CAL) and bleeding on probing (BOP) were measured in all subjects pre-intervention and post-intervention. **Results:** Results: A significant reduction ($p < 0.05$) was observed in the mean levels of HbA1c, weight, BMI, WC, HC, SBP, DBP, CAL in the intervention group, but there was no significant change in the mean levels of FBG, TG, CHOL, LDL-C and VLDL post-intervention. The mean serum level of HDL was significantly increased in the intervention group post intervention ($p < 0.05$). There was a significant differences in the mean changes of HbA1c, HDL, weight, BMI, WC, HC, SBP, DBP and CAL between intervention and control groups after intervention. **Conclusion:** Conclusion: It is recommended that melatonin supplementation along with non-surgical periodontal therapy may be effective in controlling the metabolic factors and periodontal status in T2DM with CP

کلمات کلیدی:

Type 2 diabetes mellitus; Periodontal disease; Melatonin; Glycemic control; Lipid profile

