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*New research shows that pregnant women with low vitamin D levels are more likely to have moderate-to-severe periodontal disease.*

## PERIODONTAL DISEASE DURING PREGNANCY MAY BE RELATED TO VITAMIN D STATUS

**M**aternal periodontal disease, which is associated with a number of adverse pregnancy outcomes, is found in up to 40% of pregnant women. New research posted online in the *Journal of Periodontology* examined the relationship between maternal vitamin D status and periodontal disease.

Participants included 117 pregnant women with clinical moderate/severe periodontal disease and 118 pregnant women with normal dental health. Average serum vitamin D levels and prevalence of vitamin D insufficiency (defined as <30 ng/mL) were compared between cases and controls. Adjustments were made for maternal race, season of blood draw, and other potential confounding factors.

Women with periodontal disease had an average vitamin D level of 23.6 ng/mL compared to an average of 40 ng/mL in the control group. In addition, 65% percent of the disease group had levels considered to be vitamin D deficient compared to only 29% of the healthy group.

Based on this research, vitamin D insufficiency (serum vitamin D < 30 ng/mL) appears to be associated with maternal periodontal disease during pregnancy. Vitamin D supplementation may provide a potential therapeutic strategy to improve oral health during pregnancy.

*Boggess KA, et al. Vitamin D Status and Periodontal Disease Among Pregnant Women. 2010. Journal of Periodontology, ePub ahead of print. Retrieved online 01 September 2010. (doi:10.1902/jop.2010.100384)*