

The Diabetes Times



Gum disease self-maintenance for type 2 diabetes is 'cost effective'



By Editor

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Research, Self management

Non-surgical periodontal therapy and rigorous self-maintenance treatment in people with type 2 diabetes may be cost-effective in reducing diabetes complications, according to new research.

Researchers from [the Dental Institute at King's College London](#) wanted to investigate the cost-effectiveness of periodontal therapy, which has been shown to reduce glycated haemoglobin.

During the trial they looked at lifetime costs relating to periodontal treatment which were modelled for a group of people with type 2 diabetes. The projected lifetime impact of changes in glycated haemoglobin on diabetes treatment costs and quality adjusted life expectancy were estimated from a published simulation model.

Costs and outcomes were combined to estimate the incremental cost-effectiveness ratio for periodontal therapy, which the findings suggested was £28,000 per quality adjusted life-year for a man aged 58 with glycated haemoglobin of 7-7.9 per cent.

The results were particularly sensitive to assumptions on the impact of periodontal therapy on glycated haemoglobin, the proportion of people who comply with maintenance therapy and the proportion of compliant patients who respond to treatment.

Dr Mark Ide said: “Assuming improvements in glycated haemoglobin can be maintained, periodontal therapy may be cost-effective for patients with type 2 diabetes at acceptable cost-per-quality adjusted life-year thresholds in the UK.”

The findings have been published in the Journal of [Clinical Periodontology](#).

Earlier this month the [British Society of Periodontology \(BSP\)](#) and [Diabetes.co.uk](#) published a report into oral health which suggested people with diabetes have a higher chance of developing gum disease.

However, of the 700 people with diabetes who participated in the poll, 50 per cent said they had never been advised of the risks by their doctor or dentist.