**Table I.** Participant characteristics in groups with or without a previous declared diagnosis of periodontal disease

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Parameter** | | | **PD+**  **(N=63)** | **PD-**  **(N=45)** | **p** |
| **Demographic parameters, average±SD** | | | | | |
| Average age, (years±SD) | |  | 57.17±10.52 | 53.73±10.56 | 0.09 |
| Area, urban (%) | | urban | 49.2 | 57.8 | 0.39 |
| Gender, male (%) | | male | 41.3 | 51.1 | 0.31 |
| Educational level (%) | | middle school | 14.3 | 15.6 | 0.57 |
| high school | 57.1 | 64.4 |
| university | 28.6 | 20.0 |
| **Clinical parameters, average±SD/median (25th -75th percentile)** | | | | | |
|  | BMI | | 26.56 (24.49-30.64) | 27.78 (25.37-32.37) | 0.24 |
| SBP (mmHG) | | 139 (120-150) | 130 (120-150) | 0.32 |
| DBP (mmHG) | | 90 (80-90) | 85 (80-90) | 0.18 |
| Serum total cholesterol (mg/dl) | | 209.77±56.97 | 210.07±39.41 | 0.98 |
| Number of absent teeth, n (%) | no absent teeth | | 0 (0.0) | 4 (8.9) | **<0.001** |
| 1-5 | | 12 (26.7) | 12 (19.0) |  |
| 5-10 | | 13 (20.6) | 14 (31.1) |  |
| over 10 | | 27 (42.9) | 15 (33.3) |  |
| all | | 11 (17.5) | 0 (0.0) |  |
| **Lifestyle habits, median score (25th -75th percentile)** | | | | | |
| Dietary habits | Fresh vegetable consumption | | 2 (2-3) | 3 (2-4) | 0.33 |
| Fresh fruit consumption | | 2 (1-3) | 3 (2-4) | 0.01 |
| Consumption of dairy products | | 2 (2-3) | 2 (1.5-3) | 0.99 |
| Consumption of sweets or sodas | | 1 (1-2) | 1 (1-2) | 0.37 |
| Physical effort | Physical effort during day to day activities | | 2 (1-2) | 2 (1-2.5) | 0.85 |
| Sport activities | | 0 (0-1) | 1 (0-1.5) | 0.009 |

PD+, participants with a declared periodontal disease diagnosis; PD-, participants without a declared periodontal disease diagnosis; DBP, diastolic blood pressure; SBP, systolic blood pressure; SD, standard deviation.

**Table II** Frequency of tooth brushing and visits to the dentist

|  |  |  |  |
| --- | --- | --- | --- |
|  | **PD+ (N=63)** | **PD- (N=45)** | **All participants (N=108)** |
| **Brushing teeth/day, n** |  |  |  |
| <1 | 6 | 5 | 11 |
| 1 | 17 | 12 | 29 |
| 2 | 33 | 27 | 60 |
| 3 | 7 | 1 | 8 |
| **Visits to the dentist, n** |  |  |  |
| Never | 1 | 2 | 3 |
| Every 6 months | 10 | 3 | 13 |
| Every year | 12 | 12 | 24 |
| Emergencies only | 40 | 28 | 68 |

N, number of participants per group; n, number of participants in a given category, PD+, participants with a declared periodontal disease diagnosis present; PD-, participants without a declared periodontal disease diagnosis

**Table III.** Periodontal disease symptoms as declared by participants

|  |  |  |  |
| --- | --- | --- | --- |
| **Periodontal disease symptoms** | **PD+ (N=63)**  **%** | **PD- (N=45)**  **%** | **p** |
| Gingival bleeding | 76.2 | 57.8 | **0.042** |
| Dental mobility | 52.4 | 17.8 | **<0.001** |
| Gingival retractions | 81.0 | 44.4 | **<0.001** |

PD+, participants with a declared periodontal disease diagnosis present; PD-, participants without a declared periodontal disease diagnosis.

**Table IV.** Declared cardiovascular disease (univariate analysis)

|  |  |  |  |
| --- | --- | --- | --- |
| **Cardiovascular disease** | **PD+ (N=63)**  **%** | **PD- (N=45)**  **%** | **p** |
| Ischemic cardiopathy | 23.8 | 22.2 | 0.84 |
| Angina pectoris | 7.9 | 4.4 | 0.70 |
| Myocardial infarction | 9.5 | 6.7 | 0.73 |
| Atherosclerotic coronary disease | 19.0 | 6.7 | 0.06 |
| Stroke | 1.6 | 8.9 | 0.15 |
| Cardiac failure | 7.9 | 11.1 | 0.73 |

N, number of participants per group; PD+, participants with a declared periodontal disease diagnosis present; PD-, participants without a declared periodontal disease diagnosis.