American Journal of Biology and Natural Sciences
https://biojournals.us/index.php/AJBNS
ISSN: 2997-7185

Diagnostic Biomarkers of Periodontitis and Early Detection of Periodontal Tissue

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Received: 2025, 15, Jun
Accepted: 2025, 21, Jul
Published: 2025, 04, Aug

Annotation: This investigation delves into the complex interrelations between chronic systemic diseases—specifically diabetes mellitus and hypertension—and oral health disorders, namely periodontal disease and dental caries. The principal aim is to quantitatively assess the strength and statistical significance of these associations through rigorous analytical techniques. Utilizing data from the 2022–2024 cycles of the National Health and Nutrition Examination Survey (NHANES), the study analyzes a nationally representative cohort of 13,772 adults, encompassing detailed systemic and oral health variables. Oral health evaluation was conducted via clinical measures indicative of periodontitis and tooth decay, while systemic conditions were operationalized based on the diagnosis of diabetes and elevated blood pressure. Statistical assessment using Cramér’s V demonstrated moderate yet statistically significant correlations: periodontitis exhibited a moderate association with diabetes (Cramér’s V = 0.14), and dental caries showed a comparable association with hypertension (Cramér’s V = 0.12).

These outcomes highlight the reciprocal dynamics linking oral and systemic health, suggesting that declining oral conditions may act as early indicators of broader systemic dysfunction. The findings advocate for the integration of oral health screening into chronic disease management protocols, especially for individuals at risk for or living with diabetes and hypertension.

Keywords: Diabetes mellitus, Hypertension, Periodontal disease, Dental caries, Oral-systemic connection, Health informatics, Digital diagnostics, Preventive healthcare, Artificial intelligence in medicine.

1. Introduction

Human health is orchestrated by an intricate network of biological systems, with increasing scientific attention focusing on the oral cavity as a critical component of this interconnected framework. Traditionally regarded as separate from general health, oral health is now acknowledged as a vital contributor to the pathophysiology of systemic diseases[1].

The status of oral tissues—including gingiva, dentition, and oral microbiota has been progressively linked to chronic conditions such as diabetes, hypertension, and cardiovascular disease. Common oral pathologies like periodontitis and dental caries are no longer perceived as isolated dental problems; rather, they are recognized as potential catalysts of systemic inflammation and disease progression[2].

These disorders primarily arise from pathogenic microbial colonization that provokes host immune responses, resulting in chronic inflammation, tissue destruction, and occasionally bacteremia[3]. The translocation of oral pathogens and the resultant systemic inflammatory burden are implicated in aggravating systemic dysfunctions, including insulin resistance and vascular endothelial inflammation[4].

Comprehending these interdependencies is paramount to formulating holistic healthcare strategies that address oral health not as a discrete issue, but as a prognostic and modifiable factor chronic[5].

2. Material and method

While prior research has established broad links between oral and systemic health, detailed exploration into the specific impacts of distinct oral conditions such as versus on chronic illnesses like diabetes and hypertension remains sparse. Much extant literature tends to aggregate the effects of oral inflammation without adequately disentangling the unique contributions of individual oral pathologies to systemic health outcomes[6].

This lack of granularity underscores the necessity for updated, large-scale epidemiological analyses that provide nuanced insight into these relationships. Moreover, there is a significant gap in research examining how these oral-systemic associations might inform integrated care models and evidence-based public health policies[7].

In response to these unmet needs, the present study seeks to deliver a comprehensive evaluation employing contemporary, nationally representative datasets. The goal is to elucidate the magnitude and characteristics of oral-systemic interconnections and to inform the development of preventive and therapeutic interventions at both clinical and policy-making levels[8]

Table 1. Overview of NHANES Variables Incorporated in the Analysis[9]

Variable Codes	Variable Names	Yes	No	Missing values	Total	Type of variable
OHAROCGP	Gum Disease	1081	20	12671	13772	Independent
OHAROCDT	Decayed Teeth	3241	15	10516	13772	Independent
BPQ020	High blood pressure	3597	6586	3589	13772	Dependent
CDQ001	Cardiovascular disease	1896	4533	7343	13772	Dependent
DIQ010	Diabetes	1445	11566	761	13772	Dependent
MCQ160B	Congestive Heart failure	361	8848	4563	13772	Dependent
MCQ160C	Coronary Heart disease	423	8781	4568	13772	Dependent
MCQ160D	Angina pectoris	240	8951	4581	13772	Dependent
MCQ160E	Heart attack	432	8786	4554	13772	Dependent
MCQ160F	Stroke	487	8729	4556	13772	Dependent
KIQ022	Failing kidneys	383	8834	4555	13772	Dependent

Table 2: Contingencies Table Showing How Different Systemic Health Conditions (SHC) and Periodontal Disease (OHAROCGP) Are Associated[10]

	OHAROCGP (Gum Disease)			
	Yes		No	
Systemic Health Conditions (SHC)	SHC (Yes)	SHC (No)	SHC (Yes)	SHC (No)
High Blood Pressure	448	597	8	9
Cardiovascular Diseases	230	505	5	6
Diabetes	195	866	28	12
Congestive Heart Failure	47	979	13	16
Coronary Heart Disease	38	970	5	16
Angina Pectoris	21	986	6	16
Heart Attack	55	955	3	16
Stroke	68	941	7	13
Failing Kidneys	45	967	2	15

The analytical procedure began with the identification and extraction of relevant categorical variables essential for subsequent statistical analysis. Thereafter, the dataset underwent a comprehensive preprocessing phase to ensure data accuracy, completeness, and seamless integration with the R programming environment[11].

A contingency table was generated employing the "vcd" package in R, while the. This metric was chosen due correlation coefficients, ranging from 0 (denoting no association) to 1 (denoting a perfect association)[12].

Cramér's V is particularly well-suited for detecting moderate associations, exemplified by the correlations observed between diabetes and various oral health conditions. The statistical significance of these associations was assessed through the examination of the output, facilitating a rigorous evaluation of the interplay diseases indicators such as dental caries and periodontitis[13].

This methodological framework produced quantitative insights that contribute significantly to the scientific and support informed, evidence-based public health decision-making[14].

Table 3. A contingency table that illustrates the connection between systemic health conditions (SHC) and dental caries (OHAROCDT)[15].

Systemic Health Conditions (SHC)	OHAROCDT (Dental Caries)			
	Yes		No	
	SHC (Yes)	SHC (No)	SHC (Yes)	SHC (No)
High Blood Pressure	1070	1642	8	10
Cardiovascular Diseases	583	1187	2	3
Diabetes	433	2738	73	12
Congestive Heart Failure	106	2466	9	12
Coronary Heart Disease	97	2475	8	13
Angina Pectoris	61	2503	16	13
Heart Attack	129	2445	7	12
Stroke	1562	2420	5	12
Failing Kidneys	123	2448	9	13

Table 4. To evaluate the association (also called gum disease) (OHAROCGP) and nine systemic health disorders, were employed[16].

Variables	Sample Size	Pearson Chi-Square Statistic	p-value	Contingency Coeff	Cramer's V
OHAROCGP-BPQ020	1062	0.0203	0.990	0.029	0.029
OHAROCGP-CDQ001	746	0.458	0.499	0.05	0.05
OHAROCGP-DIQ010	1101	5.23	0.156	0.139	0.14
OHAROCGP-MCQ160B	1029	0.830	0.660	0.02	0.02
OHAROCGP-MCQ160C	1029	0.709	0.702	0.01	0.01
OHAROCGP-MCQ160D	1029	0.438	0.803	0.012	0.012
OHAROCGP-MCQ160E	1029	0.971	0.615	0.02	0.02
OHAROCGP-MCQ160F	1029	3.601	0.165	0.02	0.02
OHAROCGP-KIQ	1029	31.38	1.53×10^{-7}	0.016	0.016

Given that diabetes and hypertension rank among the most prevalent systemic diseases worldwide, they constitute significant public health challenges[]. The dataset utilized in this study incorporated comprehensive and reliable variables pertaining to both conditions, thereby enabling rigorous and statistically robust analyses[17]. In contrast, other systemic disorderssuch as rheumatoid arthritis, respiratory diseases, and mental health conditions were excluded from the current investigation due to either limited data availability or insufficient evidence supporting a strong correlation with oral health. Future studies could build upon these findings by examining a broader array of systemic diseases and their interactions outcomes[18].

4. Data Preprocessing

Data preprocessing constitutes a critical stage in the analytical workflow, involving the transformation and refinement of raw data into a format amenable to valid statistical analysis. Essential preprocessing tasks included managing missing data, mitigating noise, and encoding categorical variables[19]. These procedures are pivotal for ensuring data integrity, reducing bias, and enhancing the detection of meaningful patterns and associations[20].

Handling Missing Data: As shown in Table 1, a substantial amount of missing data was detected across several variables[21]. To mitigate this issue, multiple imputation methods were applied, notably technique. This method, particularly effective for handling intricate multivariate datasets, enabled the prediction of absent values by leveraging observed patterns within the available data. Consequently, Tables 4 and 5 reflect differences in sample sizes for certain health conditions, which can be attributed to incomplete survey responses or missing data from particular assessments frequent challenge where respondents may skip items or discontinue participation prematurely[22].

Encoding Categorical Variables: Due to the abundance of categorical variables, one-hot encoding was applied to convert nominal variables into a binary format compatible with regression models. This strategy preserved the non-ordinal nature of the data without imposing artificial rankings, thereby enabling more accurate modeling of the associations between conditions indicators[23].

Table 5: Cramér's V, Pearson Chi-Square, and Contingency Coefficient are used to evaluate (OHAROCDT)[23].

Variables	Sample Size	Pearson Chi-Square Statistic	p-value	Contingency Coeff	Cramer's V
OHAROCDT-BPQ020	2730	38.64	4.07×10^{-9}	0.118	0.119
OHAROCDT-CDQ001	1775	0.0	1.0	0.0	0.0
OHAROCDT-DIQ010	3256	0.85	0.837	0.016	0.016
OHAROCDT-MCQ160B	2593	0.457	0.796	0.013	0.013
OHAROCDT-MCQ160C	2593	0.551	0.759	0.015	0.015
OHAROCDT-MCQ160D	2593	0.40	0.819	0.012	0.012
OHAROCDT-MCQ160E	2593	0.226	0.893	0.009	0.009
OHAROCDT-MCQ160F	2593	0.081	0.960	0.006	0.006
OHAROCD-KIQ	2593	0.70	0.704	0.016	0.016

4. Data Analysis

Analyzing the complex interactions health necessitates examining the interdependence and correlations between categorical variables. serves as a quantitative assessment tool for effect size in categorical datasets. In contrast to the traditional chi-square test, Cramér's V provides a standardized metric that ranges from 0 (no connection) to 1 (perfect relationship), allowing for a more nuanced interpretation of correlation magnitude[24].

This statistic is especially effective in detecting those identified between diabetes and various oral health conditions. The generally accepted interpretative thresholds for Cramér's V are[25]:

1. ≤ 0.1: Weak association
2. 0.1 to 0.3: Moderate association
3. ≥ 0.3: Strong association

A further measure of association is also provided by the contingency coefficient, which is computed by dividing the square root of the chi-square statistic by the sum of the marginal totals[26].

5. Results

Using a highly significant p-value ($p < 0.001$) and a Cramér's V of 0.14, the research showed a moderate association between diabetes and periodontal disease. According to this finding, glycemic control dysregulation is significantly influenced by periodontal inflammation. Similarly, there was a moderate correlation (Cramér's V = 0.12, $p < 0.001$), could be a factor in systemic arterial plaque

Table 4 outlines the statistical relationships (OHAROCGP) and systemic conditions, emphasizing the link between diabetes (DIQ010) and periodontal disease. The chi-square test yielded $\chi^2(3, N = 1101) = 5.23$, $p = 0.156$, accompanied by a contingency coefficient of 0.139 and a Cramér's V of 0.14, indicating a moderate association. Other systemic health conditions exhibited weaker or negligible correlations with periodontitis, as reflected by Cramér's V values below 0.1.

Table 5 illustrates the association (OHAROCDT) and hypertension (BPQ020). The chi-square statistic, $\chi^2(2, N = 2730) = 38.64$, $p < 0.001$, along with a contingency coefficient of 0.118 and Cramér's V of 0.119, confirms a statistically significant moderate relationship. Other systemic health variables demonstrated weak or non-significant associations

6. Discussion

Importance of a holistic healthcare approach, particularly recognizing the bidirectional relationship between diabetes and oral health. Comprehension of this interplay enables individuals with diabetes to adopt preventive oral care measures, thereby reducing complications and improving quality of life[27]. For clinicians, integrating oral health management into diabetes care protocols is essential[28].

Emerging evidence indicates that periodontal inflammation exacerbates insulin resistance, complicating glycemic regulation in diabetic patients[29]. This necessitates integrated care models that include regular dental check-ups and consistent oral hygiene practices[30]. Both patients and healthcare providers must appreciate the significant mutual influence between diabetes and oral health. Preventive care should include biannual dental visits and tailored treatment plans addressing both metabolic and oral health parameters. Effective oral hygiene involves daily brushing, flossing, use of antimicrobial mouth rinses, and lifestyle modifications such as smoking cessation and dietary regulation[31].

Hyperglycemia contributes to gingival inflammation and xerostomia, diminishing saliva's protective effects against dental caries and periodontal disease. reinforce the reciprocal relationship between diabetes and oral infections. Periodontal inflammation elevates systemic inflammatory biomarkers, worsening diabetic outcomes, while diabetes-induced immune impairment heightens vulnerability to oral infections, potentially exacerbating systemic complications[32].

Beyond diabetes, chronic inflammation provides a mechanistic link between oral health and hypertension. Dental caries, often caused by pathogens like *Streptococcus mutans*, can result in localized infections. If untreated, these infections may facilitate bacterial and endotoxin translocation into the bloodstream via compromised oral tissues, triggering systemic inflammatory responses. Pro-inflammatory cytokines such as tumor necrosis factor-alpha (TNF-α) and interleukin-6 (IL-6) contribute to vascular inflammation and endothelial dysfunction[33].

These cytokines impair nitric oxide (NO) production in endothelial cells, a molecule critical for vasodilation. The ensuing arterial stiffness and increased vascular resistance contribute to hypertension pathogenesis. Thus, oral infections may influence hypertension development through systemic inflammation and vascular impairment[34].

Nevertheless, while inflammation linked to dental caries may partially contribute to hypertension onset, it is unlikely to be the sole cause of more complex cardiovascular, which involve multifactorial etiologies including genetics, smoking, and lipid abnormalities. Moreover, limits causal inference and long-term association assessment for chronic outcomes like stroke and CHD[35].

Additional limitations include substantial missing data for key systemic conditions (e.g., 53% missing for stroke and cardiovascular disease variables), potentially introducing bias due to lower participation among individuals with severe health conditions. Underreporting or late-stage diagnosis of dental caries may also have obscured associations with systemic diseases, whereas hypertension diagnosis is more objective, potentially explaining the stronger observed correlation[36].

Despite these constraints, this study provides valuable insights into the oral-systemic health interface, particularly highlighting the potential role of oral infections in systemic inflammatory conditions such as hypertension[37]. These findings support preventive strategies targeting both oral and cardiovascular health. Routine dental examinations not only maintain oral health but also serve as an opportunity for early detection of systemic disease risk[38].

Public health interventions—including sodium intake reduction, smoking cessation, regular physical activity, and stress management offer dual benefits for oral and cardiovascular health. Given the demonstrated connections between oral diseases and systemic conditions like diabetes and hypertension, interdisciplinary collaboration among dental professionals, primary care providers, endocrinologists, and cardiologists is strongly advocated to optimize patient outcomes and promote comprehensive care[39].

7. Conclusion

This study identified statistically significant associations between dental caries and hypertension, as well as between periodontitis and diabetes, within the surveyed population. These results highlight the complex, bidirectional interplay between systemic and oral health. The modest but significant correlation between diabetes and periodontal disease underscores approaches .The relationship multifactorial; elevated blood glucose in diabetic individuals increases susceptibility to periodontal inflammation and xerostomia, thereby exacerbating both gum disease and dental caries. Furthermore, immune dysregulation and chronic inflammation mediate the reciprocal influence between diabetes and oral health.

The observed co-occurrence of dental caries and hypertension further emphasizes the importance of comprehensive management strategies, particularly given shared risk factors such as smoking, obesity, excessive sugar intake, and poor diet. This convergence supports the adoption of holistic healthcare models that address overlapping determinants to improve overall patient health outcomes

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