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Role of adjunct use of omega 3 fatty acids in periodontal therapy of periodontitis. A systematic review and meta-analysis

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Background: Host modulation therapy has emerged as a new concept for the treatment of periodontal disease. Recently, a lot of research is being done in product containing docosahexaenoic acid (DHA) and eicosapentanoic acid (EPA). Omega-3 PUFA have therapeutic, anti-inflammatory, and protective properties. This systematic review analysed the adjunctive use of omega-3 fatty acids in periodontal therapy of periodontitis patients.

Methods: PICO question (patient, intervention, comparison, and outcome) was formed. Keywords were generated and were fed in databases. The databases were PubMed, Cochrane library and LIVIVO. Studies selected are randomized clinical trial, clinical studies, and longitudinal studies. Meta -analysis were performed for pocket depth (PD), clinical attachment level (CAL), gingival index (GI) and plaque Index (PI). Risk of bias was also assessed.

Results: On analysis of all the 8 studies at 3 months showed significant effect of omega -3 fatty acid on clinical attachment level (CAL), pocket depth (PD). There was significant effect of omega-3 fatty acids in 4 studies at 6 months.

Conclusion: Within the limitation of the review, omega- 3 polyunsaturated fatty acids seem to have a positive effect on periodontal healing following periodontal therapy. Chronic periodontitis patient should be counselled to incorporate omega -3 fatty acid in their diet along with standard periodontal therapy.

Biography

Debopriya Chatterjee graduated from Government Dental College, Rajasthan University of Health Sciences in Jaipur. Completed her M.D.S Periodontics in M.R Ambedkar Dental College, Bangalore. Currently working as senior demonstrator in department of periodontics, Government Dental College (Rajasthan University of Health Sciences).

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