

0492 Nutritional and Micro-Nutritional Analyses in the Management of Periodontitis E. Dursun^{1, 2}

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Objectives Periodontitis has been related to excess sugar intake (even diabetes), local and systemic inflammation (due to fatty acid imbalance and vitamin D deficiency), oxidative stress and even intestinal dysbiosis. This study aims to establish a list of nutrionnal and micro-nutritional analyses (i.e. functional analysis) for objectively identifying the patient's level of systemic inflammation and his excess or deficiency in certain nutrients in order to improve his periodontal condition.

Methods The literature was examined in two ways. Firstly, by listing all the biologic systemic conditions and nutrients correlated with periodontitis. Secondly, by seeking reliable biological means to assess the patient's status in these various parameters. **Results** Excess sugar intake results in hyperinsulinism (before the development of diabetes), which can be assessed by the HOMA index. The ability to cope with inflammation can be assessed by measuring erythrocyte fatty acids profile and the depth of vitamin D deficiency. Low-grade systemic inflammation can be mesured by CRPus. The level of oxidative stress can be evaluated in particular by dosing oxidised LDL and the SOD-GPX balance, as well as vitamins A, C, E and coQ10. Finally, an LBP measurement can be used to assess the presence of intestinal dysbiosis. **Conclusions** Precise functional analyses should be used to guide the nutritional and micro-nutritional management of periodontitis, optimising local treatments and contributing to the patient's overall health.