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Patient related quality of life evaluation after therapy of severe periodontitis - consecutive retrospective cohort study

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Topic:    Periodontal therapy

Authors: M. Franke, C. Tietmann, N. Sadr, D. Meisen, P.-M. Jervøe-Storm; Aachen/DE

### Aim

Longterm success of systematic periodontal therapy is considerably documented in multiple presented studies, but there is limited data on patient´s perception of their individual quality of life changes after systematic periodontal treatment.
This study aims to evaluate the changes of individual health quality and wellbeing over a longterm period.

### Material and Methods

281 patients were interviewed consecutively using a layperson comprehensible questionnaire. All of them showed high compliance to the recommended supportive periodontal therapy [SPT] for at least 1 and up to 16 years (observation period, average: 12.5 years). A questionnaire designed for laymen was used. Randomly selected patients answered 10 questions on a numerical scale from 0 to 10 followed by an anonymous evaluation of the questionnaires by descriptive statistics and significance testing.

### Results

The surveyed patients show a very high degree of confidence in the periodontal treatment. Women notice a higher positive impact on their social environment than men ($p<0.05$). Patients under SPT <3yrs. appreciate a higher impact on their appearence than patients under longterm maintenance ($p<0,01$). Regenerative periodontal surgery will lead to better remission of symptoms compared to resective OFD procedure ($p<0.05$) and SRP ($p<0.05$). Periodontal treatment in the hands of a specialized team led to a significant reduction in the patient's complaints ($p<0,01$).

### Conclusion

The patient's demand of healthy teeth and appearence can be satisfied through systematic periodontal therapy and routinely performed maintenance. Regenerative surgical procedures reduces significantly the patient´s complaints. Further trials are necessary to appraise adjuvant therapies, for example orthodontics or restorative therapy.

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