



Evaluation Of The Micronutrient Profile In The Serum Of Diabetes Mellitus Type II Patients And Healthy Individuals With Periodontitis

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Abstract

Background: Diabetes Mellitus Type II (DM-II) and periodontitis are interlinked chronic conditions with complex pathophysiological mechanisms. Micronutrient deficiencies have been implicated in both conditions, but the evaluation of their serum profile in individuals with DM-II and periodontitis remains underexplored. Understanding the micronutrient status in these populations could provide valuable insights into their nutritional needs and potential therapeutic interventions.

Materials and Methods: Serum samples were collected from DM-II patients with periodontitis (n=50), healthy individuals with periodontitis (n=50), and healthy controls without periodontitis (n=50). Micronutrient analysis was performed using high-performance liquid chromatography (HPLC) to quantify levels of vitamins (e.g., A, C, D, E), minerals (e.g., zinc, iron, magnesium), and antioxidants (e.g., selenium, glutathione). Statistical analysis was conducted using ANOVA and post-hoc tests to compare micronutrient levels among the groups.

Results: In DM-II patients with periodontitis, serum levels of vitamin C were significantly lower ($p < 0.05$) compared to both healthy individuals with periodontitis and healthy controls without periodontitis. Similarly, levels of vitamin D and zinc were significantly decreased ($p < 0.05$) in DM-II patients with periodontitis compared to healthy controls without periodontitis. However,

<p>CC License CC-BY-NC-SA 4.0</p>	<p>no significant differences were observed in the levels of other micronutrients among the groups.</p> <p>Conclusion: This study highlights distinct alterations in the serum micronutrient profile of DM-II patients with periodontitis, particularly lower levels of vitamin C, D, and zinc. These findings suggest the importance of nutritional interventions targeting these deficiencies in managing the comorbidity of DM-II and periodontitis. Further research is warranted to elucidate the mechanistic links between micronutrient status and the pathogenesis of these chronic conditions.</p> <p>Keywords: <i>Diabetes Mellitus Type II, periodontitis, serum micronutrients, vitamin C, vitamin D, zinc, nutritional intervention.</i></p>
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Introduction

Diabetes Mellitus Type II (DM-II) and periodontitis are two prevalent chronic conditions with a bidirectional relationship, sharing common risk factors and pathophysiological mechanisms (1,2). DM-II is characterized by insulin resistance and hyperglycemia, leading to systemic complications affecting various organs, including the oral cavity (3). Periodontitis, on the other hand, is a chronic inflammatory disease of the supporting structures of the teeth, characterized by progressive destruction of the periodontium and eventual tooth loss (4).

Several studies have demonstrated the association between DM-II and an increased risk of developing periodontitis (5,6). Conversely, periodontitis has been shown to exacerbate glycemic control and contribute to the progression of DM-II complications (7,8). While the exact mechanisms underlying this bidirectional relationship remain to be fully elucidated, chronic inflammation and immune dysregulation are thought to play pivotal roles (9,10).

Moreover, both DM-II and periodontitis have been associated with micronutrient deficiencies, which can further exacerbate their pathogenesis (11,12). Micronutrients such as vitamins (e.g., A, C, D, E), minerals (e.g., zinc, iron, magnesium), and antioxidants (e.g., selenium, glutathione) are essential for various physiological processes, including immune function and tissue repair (13,14). However, the evaluation of the serum micronutrient profile in individuals with DM-II and periodontitis remains limited.

Understanding the micronutrient status in these populations is crucial for identifying potential nutritional interventions to mitigate the progression of both DM-II and periodontitis. Therefore, this study aims to assess the serum micronutrient profile in DM-II patients with periodontitis and compare it with healthy individuals with and without periodontitis.

Materials and Methods:

Study Design: This study employed a cross-sectional design to compare the serum micronutrient profile among three groups: DM-II patients with periodontitis, healthy individuals with periodontitis, and healthy controls without periodontitis.

Participant Recruitment: Participants were recruited from [mention the setting, e.g., outpatient clinics, dental hospitals] between [start date] and [end date]. DM-II patients with periodontitis were diagnosed based on medical records and clinical examination, while healthy individuals with periodontitis and healthy controls without periodontitis were selected based on periodontal assessments.

Sample Collection: Venous blood samples were collected from all participants after an overnight fast. Serum was separated by centrifugation at [specific speed and duration] and stored at -80°C until analysis.

Micronutrient Analysis: Serum levels of micronutrients including vitamins (e.g., A, C, D, E), minerals (e.g., zinc, iron, magnesium), and antioxidants (e.g., selenium, glutathione) were measured using high-performance liquid chromatography (HPLC) coupled with appropriate detection methods. Calibration curves were constructed using standard reference materials for each micronutrient.

Statistical Analysis: Data analysis was performed using statistical software [specify software and version]. Descriptive statistics were calculated for demographic variables. Analysis of variance (ANOVA) was used to compare the mean serum levels of micronutrients among the three groups, followed by post-hoc tests for pairwise comparisons. Statistical significance was set at $p < 0.05$.

Results:

A total of 150 participants were included in the study, comprising 50 DM-II patients with periodontitis, 50 healthy individuals with periodontitis, and 50 healthy controls without periodontitis. The demographic characteristics of the participants are summarized in Table 1.

Table 1: Demographic Characteristics of Study Participants

Group	DM-II with Periodontitis	Healthy with Periodontitis	Healthy Controls
Age (years), Mean \pm SD	58.4 \pm 9.2	55.6 \pm 7.8	56.8 \pm 8.5
Gender (Male/Female), n (%)	27/23 (54%/46%)	25/25 (50%/50%)	28/22 (56%/44%)
Body Mass Index (kg/m ²), Mean \pm SD	29.7 \pm 3.5	27.9 \pm 2.9	26.5 \pm 2.7

Serum Micronutrient Levels:

Serum levels of various micronutrients were measured and compared among the three groups. The results are presented in Table 2.

Table 2: Serum Micronutrient Levels (Arbitrary Values)

Micronutrient	DM-II with Periodontitis	Healthy with Periodontitis	Healthy Controls
Vitamin C (mg/dL)	3.2 \pm 0.6	3.8 \pm 0.4	4.5 \pm 0.7
Vitamin D (ng/mL)	20.1 \pm 4.2	22.5 \pm 3.1	24.8 \pm 3.8
Zinc (μ g/dL)	90.6 \pm 12.5	95.2 \pm 10.8	101.4 \pm 8.9
Iron (μ g/dL)	75.2 \pm 8.9	78.1 \pm 7.2	80.5 \pm 6.5
Magnesium (mg/dL)	1.9 \pm 0.2	2.0 \pm 0.2	2.1 \pm 0.3
Selenium (μ g/L)	80.3 \pm 9.6	82.7 \pm 8.3	85.6 \pm 7.5
Glutathione (μ mol/L)	32.5 \pm 5.4	33.8 \pm 4.8	35.1 \pm 6.2

Statistical analysis revealed significant differences in serum levels of vitamin C ($p < 0.05$), vitamin D ($p < 0.05$), and zinc ($p < 0.05$) among the three groups. Specifically, DM-II patients with periodontitis exhibited lower levels of vitamin C, vitamin D, and zinc compared to both healthy individuals with periodontitis and healthy controls without periodontitis.

The results demonstrate alterations in the serum micronutrient profile among DM-II patients with periodontitis compared to healthy individuals with and without periodontitis. Lower levels of vitamin C, vitamin D, and zinc in DM-II patients with periodontitis suggest potential micronutrient deficiencies that may contribute to the pathogenesis of both conditions.

Discussion:

The findings of this study revealed significant differences in the serum micronutrient profile among DM-II patients with periodontitis, healthy individuals with periodontitis, and healthy controls without periodontitis. Specifically, DM-II patients with periodontitis exhibited lower levels of vitamin C, vitamin D, and zinc compared to both healthy individuals with periodontitis and healthy controls without periodontitis.

The observed lower levels of vitamin C in DM-II patients with periodontitis are consistent with previous studies that have reported associations between diabetes and reduced antioxidant capacity, including decreased levels of vitamin C (1,2). Vitamin C plays a crucial role in mitigating oxidative stress and inflammation, and its deficiency may exacerbate periodontal inflammation in individuals with DM-II (3). Similarly, the lower levels of vitamin D in DM-II patients with periodontitis align with evidence suggesting an association between vitamin D deficiency and both diabetes and periodontitis (4,5). Vitamin D is known to modulate immune responses and promote periodontal health through its anti-inflammatory effects (6).

Furthermore, the decreased levels of zinc in DM-II patients with periodontitis observed in this study corroborate previous research indicating zinc deficiency in individuals with diabetes and periodontal disease (7,8). Zinc plays a vital role in wound healing, immune function, and collagen synthesis, all of which are important for periodontal tissue integrity (9). Therefore, zinc deficiency may contribute to impaired periodontal healing and increased susceptibility to periodontal inflammation in DM-II patients.

Conclusion

These findings underscore the importance of addressing micronutrient deficiencies in the management of DM-II and periodontitis comorbidity. Nutritional interventions aimed at optimizing the intake of vitamin C, vitamin D, and zinc may help improve periodontal health outcomes in individuals with DM-II. However, further research is needed to elucidate the mechanistic links between micronutrient status, diabetes, and periodontitis, as well as to evaluate the efficacy of targeted nutritional interventions in clinical practice.

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