

MEDIA ALERT: Injectable progesterone contraceptives may be associated with poor periodontal health

The Associated Press

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TO HEALTH, MEDICAL, AND NATIONAL EDITORS:

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Media OnlyTo schedule an interview with an AAP spokesperson or for more information, please contact Meg Dempsey at 312-573-3242 or meg@perio.org.

CHICAGO, Feb. 6, 2012 /PRNewswire-USNewswire/ -- Injectable

progesterone contraceptives may be associated with poor periodontal

health, according to research in the Journal of Periodontology. The

study found that women who are currently taking

depotmedroxyprogesterone acetate (DMPA) injectable contraceptive, or

have taken DMPA in the past, are more likely to have indicators of

poor periodontal health, including gingivitis and periodontitis, than

women who have never taken the injectable contraceptive. DMPA is a

long-lasting progestin-only injectable contraceptive administered

intramuscularly every three months.

Periodontal disease is a chronic inflammatory disease that affects the

gum tissue and bone that supports the teeth. Gingivitis, the mildest

form of gum disease, causes the gums to become red, swollen, and bleed easily. Periodontitis is the most severe form of gum disease and can lead to tooth loss. Additionally, research has associated gum disease with other chronic inflammatory diseases such as diabetes, cardiovascular disease, and rheumatoid arthritis.

The data for this study were obtained from the NHANES 1999-2004 public use datasets. The participants chosen were non-pregnant, premenopausal women aged 15-44 who had provided complete DMPA usage data, indicating current usage of DMPA, past usage of DMPA, or no usage of DMPA at all.

All participants received a dental examination that noted clinical attachment (CA) loss, periodontal pocket assessment at two or three sites per tooth, and presence of gingival bleeding.

After adjusting for age, race, education, poverty income level, and smoking status, the study found that current and past DMPA users had significantly increased periodontal pockets, gingival bleeding, and CA loss than women who have never used DMPA. Current DMPA users were more likely to have gingivitis, while past DMPA users were more likely to have periodontitis.

According to Dr. Pamela McClain, President of the American Academy of Periodontology (AAP) and a practicing periodontist in Aurora, Colorado, women currently taking DMPA or that have used DMPA in the past should pay careful attention to their teeth and gums. "Hormones can play a role in woman's periodontal health. These findings suggest that women that use, or have used, a hormone-based injectable

contraception such as DMPA may have increased odds of poor periodontal health. I would encourage women that use or previously used this form of contraception to maintain excellent oral care, and to be sure to see a dental professional for a comprehensive periodontal evaluation on an annual basis."

For more information about periodontal disease, visit perio.org.

About the AAP

The American Academy of Periodontology (AAP) is the professional organization for periodontists - specialists in the prevention, diagnosis, and treatment of diseases affecting the gums and supporting structures of the teeth, and in the placement of dental implants.

Periodontists are also dentistry's experts in the treatment of oral inflammation. They receive three additional years of specialized training following dental school, and periodontics is one of the nine dental specialties recognized by the American Dental Association. The AAP has 8,400 members worldwide.

SOURCE American Academy of Periodontology

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/Web Site: <http://www.perio.org>

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