



DENTAL SPECIALTIES | PERIODONTICS

Is it time to screen patients with IBD for gum disease?

Patients with inflammatory bowel disease (IBD) may have a higher risk of developing periodontitis, highlighting the importance of regular screenings, according to a review recently published in *BMC Oral Health*.

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Patients with inflammatory bowel disease (IBD) may have a higher risk of developing periodontitis, highlighting the importance of regular screenings. This review was recently published in *BMC Oral Health*.

Furthermore, patients with IBD may be more prone to developing gum disease due to shared genetic and immune-related factors, the authors wrote.

"Considering the various oral manifestations and poor quality of life associated with IBD, it is

important to be aware of the symptoms of periodontitis," wrote the authors, led by Ariyan Ayati of the Shahid Beheshti University of Medical Sciences in Iran (*BMC Oral Health*, March 31, 2025, Vol. 25, 463).

IBD, including Crohn's disease (CD) and ulcerative colitis (UC), is a chronic inflammatory condition influenced by genetic and environmental influences. This systematic review and meta-analysis aimed to assess the statistical relationship between periodontal disease (PD) and IBD.

A search conducted through February 2024 identified 13 studies with a total of 9,134 patients. The search included cross-sectional, case-control, and cohort studies comparing patients with and without IBD, focusing on those that identified periodontitis as a primary observation, they wrote.

Periodontitis was significantly more prevalent in patients with CD (odds ratio [OR]: 4.30, 95% confidence interval (CI): 3.72 to 4.98) and UC (OR: 4.55, 95% CI: 3.76 to 5.50) compared to controls. The combined risk for CD and UC patients was 1.86 times higher than controls (95% CI: 1.63 to 2.13). There was no significant difference in periodontitis prevalence between CD and UC patients (OR: 0.96, 95% CI: 0.65 to 1.43).

However, the study had limitations. The observational design of the included studies may have introduced confounding factors and bias, contributing to heterogeneity, the authors added.

"The higher risk of periodontitis in patients with IBD indicates the necessity of screening for periodontitis," they wrote.

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