

## Could Stress be Linked to Periodontal Disease?

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Ongoing studies and research into the systemic links between periodontal disease and overall health, is one of the subjects of greatest interest within dentistry and one that connects this field with medicine. New ideas and findings shine light on ways dental professionals can positively impact the lives of their patients.

The body produces immune cells to protect against bacteria, but when the body is under stress, this delicate balance is affected. Inflammation tends to increase due to stress, allowing bacteria to thrive and cause gingivitis, a precursor to periodontal disease. Our aim was to investigate the effect of stress on periodontal health in relation to inflammatory markers and alkaline phosphatase (ALP) in Gingival Crevicular Fluid (GCF) and cortisol in saliva. Twenty subjects were recruited for the study. A clinical examination included assessment of Plaque index, Probing Depth (PD) and clinical attachment levels. Saliva and GCF were collected for each subject for analysis of salivary cortisol and GCF (ALP) level as well as IL-1b, IL-6 and IL-10 levels. Subjects registered their perceived stress on a visual analogue scale (VAS).

### Biography:

Dr. Hadir Eldessouky was appointed as a full professor, Division of Periodontics, Department of Oral Medicine, Oral Diagnosis and Periodontics, Ain Shams University Egypt in June 2012. Dr. Eldessouky received her BDS & Masters degree (1994) from Alexandria University where she was appointed as lecturer. In 2002 Dr. Eldessouky received her PhD from Ain Shams University. Dr. Eldessouky joined Ain Shams University in 1998 where she was appointed as lecturer. In 2007 she was appointed as Associate Professor at Ain Shams University. From 2007-2009 she joined King Abdul Aziz university in Saudi Arabia as a visiting professor. Early 2007 Dr Eldessouky received her certificate as research ethicists from the school of Medicine, University of Maryland USA. Since then Dr. Eldessouky is an active member in the IRBs. In 2013 to date Dr. Eldessouky joined King Abdul Aziz University as a Professor of Periodontics. During her years of work Dr. Eldessouky mentored and supervised many PhD and Masters Theses. Dr. Eldessouky was the course director of 6th year Periodontics course for 3 years at King Abdul Aziz University and also gave several lectures both at Ain Shams University as well as King Abdul Aziz University. Dr. Eldessouky published more than 30 articles in National and International journals. Dr. Eldessouky has trained and mentored graduate students in the area of Periodontics throughout her career.