

Ausgabe: ZWP Zahnarzt Wirtschaft Praxis 3/19

Thema: Mit Ernährung gegen die Parodontitis

Autor: Prof. Dr. Astrid Brauner

Literatur

1. Fung TT, van Dam RM, Hankinson SE, Stampfer M, Willett WC, Hu FB (2010). Low-carbohydrate diets and all-cause and cause-specific mortality: two cohort studies. *Ann Intern Med* 153: 289–298.
2. Jepsen S, Dommisch H. Die parodontale Entzündung. *ZM* 2014; 104:32-40..
3. Sanz M, Beighton D, Curtis MA, Cury J, Dige I, Dommisch H, Ellwood R, Giacaman R, Herrera D, Herzberg MC, Könönen E, Marsh PD, Meyle J, Mira A, Molina A, Mombelli A, Quirynen M, Reynolds E, Shapira L, Zaura E (2017). Role of microbial biofilms in the maintenance of oral health and in the development of dental caries and periodontal diseases. Consensus report of group 1 of the Joint EFP/ORCA workshop on the boundaries between caries and periodontal disease. *J Clin Periodontol* 44(Suppl 18):5-11.
4. Jepsen S, Dommisch H, Kerschull M (2018). Ätiologie der Parodontitis – gibt es neue Erkenntnisse? Fortbildung der Parodontologie *zm-online* 01_2/2018.
5. Hajishengallis G (2014). The inflammophilic character of the periodontitis-associated microbiota. *Mol Oral Microbiol* 29: 248–257.
6. van Woudenberg GJ, Theofylaktopoulou D, Kuijsten A, Ferreira I, van Greevenbroek MM, van der Kallen CJ, Schalkwijk CG, Stehouwer CDA, Ocké MC, Nijpels G, Dekker JM, Blaak EE, Feskens EJM (2013). Adapted dietary inflammatory index and its association with a summary score for low-grade inflammation and markers of glucose metabolism: the Cohort study on Diabetes and Atherosclerosis Maastricht (CODAM) and the Hoorn study. *Am J Clin Nutr* 98: 1533–1542.
7. Baumgartner S (2017). Die Ernährung aus der Steinzeit und die Zahngesundheit. *Parodontologie* 28:409-416.
8. Enwonwu CO, Ritchie CS (2007). Nutrition and inflammatory markers. *J Am Dent Assoc* 138: 70–73.
9. Muniz FWMG, Nogueira SB, Mendes FLV, Rösing CK, Moreira MMSM, de Andrade GM, Carvalho R de S (2015). The impact of antioxidant agents complimentary to periodontal therapy on oxidative stress and periodontal outcomes: A systematic review. *Arch Oral Biol* 60: 1203–1214.
10. Karygianni L, Al-Ahmad A, Argyropoulou A, Hellwig E, Anderson AC, Skaltsounis AL (2015). Natural Antimicrobials and Oral Microorganisms: A Systematic Review on Herbal Interventions for the Eradication of Multispecies Oral Biofilms. *Front Microbiol* 6: 1529.
11. Hujoel P (2009). Dietary carbohydrates and dental-systemic diseases. *J Dent Res* 88: 490–502.
12. Lula EC, Ribeiro CC, Hugo FN, Alvs CM, Silva AA (2017). Association between obesity and periodontal disease. A systematic review of epidemiological studies and controlled clinical trials. *Med Oral Patol Oral Cir Bucal* 22:708-715.

13. Merchant AT, Pitiphat W, Franz M, Joshipura KJ (2006). Whole-grain and fiber intakes and periodontitis risk in men. *Am J Clin Nutr* 83: 1395–1400.
14. Sleeth, ML, Thompson, EL, Ford HE, Zac-Varghese SEK, Frost G (2010). Free fatty acid receptor 2 and nutrient sensing: a proposed role for fibre, fermentable carbohydrates and short-chain fatty acids in appetite regulation. *Nutr Res Rev* 23: 135–145.
15. Iwasaki M, Manz MC, Moynihan P, Yoshihara A, Muramatsu K, Watanabe R, Miyazaki H (2011) Relationship between saturated fatty acids and periodontal disease. *J Dent Res* 90: 861–867.
16. Neering S, Atik R, Hintze J, Junior MC, Kubica D, Laza JC, Juch J, Tomalle S, Mahfoud G, Meyler J, Gröger S (2017). Parodontale Heilung. *Parodontologie* 28:435-440.
17. Van Dyke TE (2017). Pro-resolving mediators in the regulation of periodontale disease. *Mol Aspects Med* 58:21-36.
18. Yates CM, Calder PC, Ed Rainger G (2014) Pharmacology and therapeutics of omega-3-polyunsaturated fatty acids in chronic inflammatory disease. *Pharmacol Ther* 141:272-282.
19. Jentsch H, Richter V, Hamm M (2017). Stellenwert von Omega-3-Fettsäuren n der Prävention und Therapie der Parodontitis. *Parodontologie* 28:399-408.
20. Lee JH, Shin MS, Kim EJ, Ahn YB, Kim HD (2017). The association of dietary vitamin C intake with periodontitis among Korean adults: Results from KNHANES IV. *PLoS ONE* 12,.
21. Abou Sulaiman AE, Shehadeh RMH (2010). Assessment of Total Antioxidant Capacity and the Use of Vitamin C in the Treatment of Non-Smokers with Chronic Periodontitis. *J Periodontol*: 81, 1547–1554.
22. Muniz FWMG, Nogueira SB, Mendes FLV, Rösing CK, Moreira MMSM, de Andrade GM, Carvalho R de S (2015). The impact of antioxidant agents complimentary to periodontal therapy on oxidative stress and periodontal outcomes: A systematic review. *Arch Oral Biol*: 60, 1203–1214.
23. Wang CJ, McCauley LK (2016). Osteoporosis and periodontitis. *Curr Osteoporos Rep* 14: 284-291.
24. Perayil J, Menon KS, Kurup S, Thomas AE, Fenol A, Vyloppilli R, Bhaskar A, Megha S (2015). Influence of vitamin D & calcium supplementation in the management of periodontitis. *J Clin Diagn Res* 9: 35-38.
25. Teughels W, Newman MG, Coucke W, Haffajee AD, Van Der Mei HC, Haake SK, Schepers E, Cassiman JJ, Van Eldere J, van Steenberghe D, Quirynen M. Guiding periodontal pocket recolonization: a proof of concept (2007) *J Dent Res* 86(11):1078-82.
26. Nackaerts O, Jacobs R, Quirynen M, Rober M, Sun Y, Teughels W. (2008) Replacement therapy for periodontitis: pilot radiographic evaluation in a dog model. *J Clin Periodontol* 35(12):1048–1052.
27. Lula ECO, Ribeiro CCC, Hugo FN, Alves CMC, Silva AAM (2014). Added sugars and periodontal disease in young adults: an analysis of NHANES III data. *Am J Clin Nutr* 100: 1182–1187.
28. Jenzsch A, Eick S, Rassoul F, Purschwitz R, Jentsch H (2009). Nutritional intervention in patients with peridontal disease: clinical, immunological and microbiological variables during 12 Months. *Br J Nutr* 101:879-885.

