

**Ausgabe:** PJ 1/16

**Thema:** Parodontale Ernährungsberatung in der Praxis – Warum?

**Autoren:** Dr. rer. Nat. Henrike Staudte

---

## Literatur

1. Boyd LD, Lampi KJ: Importance of nutrition for optimum health of the periodontium. *J Contemp Dent Pract* 15: 36-45 (2001).
2. Staudte H, Kranz S, Völpel A, et al.: Comparison of nutrient intake between patients with periodontitis and healthy subjects. *Quintessence Int* 43: 907-916 (2012).
3. Kuzmanova D, Jansen ID, Schoenmaker T, et al.: Vitamin C in plasma and leucocytes in relation to periodontitis. *J Clin Periodontol* 39: 905-912 (2012).
4. Staudte H, Sigusch BW, Glockmann E: Grapefruit consumption improves vitamin C status in periodontitis patients. *Br Dent J* 199: 213-217 (2005).
5. Zhang X, Meng H, Sun X, et al.: Elevation of vitamin D-binding protein levels in the plasma of patients with generalized aggressive periodontitis. *J Periodontol Res* 48: 74-79 (2013).
6. Takahashi K, Nakayama Y, Horiuchi H, et al.: Human neutrophils express messenger RNA of vitamin D receptor and respond to 1 $\alpha$ , 25-dihydroxyvitamin D<sub>3</sub>. *Immunopharmacol Immunotoxicol* 24: 335-347 (2002).
7. Alshouibi EN, Kaye EK, Cabral HJ, et al.: Vitamin D and periodontal health in older men. *J Dent Res* 92: 689-693 (2013).
8. Ebert WM: *Labordiagnostik in der naturheilkundlichen Praxis*. Sonntag-Verlag, Stuttgart 2005: 146-148
9. Esaki M, Morita M, Akhter R, et al.: Relationship between folic acid intake and gingival health in non-smoking adults in Japan. *Oral Dis* 16: 96-101 (2010).
10. Yu YH, Kuo HK, Lai YL: The association between serum folate levels and periodontal disease in older adults: data from the National health and nutrition examination survey 2001/02. *JAGS* 55: 108-113 (2007).
11. Meisel P, Schwahn C, Luedemann J, et al.: Magnesium deficiency is associated with periodontal disease. *J Dent Res* 84: 937-941 (2005).
12. Weglicki WB, Phillips TM, Freedman AM, et al. Magnesium deficiency elevates circulating levels of inflammatory cytokines and endothelia. *Mol Cell Biochem* 110:169-173 (1992).
13. Mak IT, Stafford RE, Weglicki WB. Loss of red blood cell glutathione during Mg deficiency: prevention by vitamin E, D-propranolol, and chloroquine. *Am J Physiol* 267: 1366-1370 (1994).
14. Yoshihara A, Iwasaki M, Miyazaki H. Mineral content of calcium and magnesium in the serum and longitudinal periodontal progression in Japanese elderly smokers. *J Clin Periodontol* 38: 992-997 (2011).

15. Nishida M, Grossi SG, Dunford RG, et al.: Calcium and the risk for periodontal disease. *J Periodontol* 71: 1057-1066 (2000).
16. Naqvi AZ, Buettner C, Phillips RS, et al.: N-3 fatty acids and periodontitis in US adults. *J Am Diet Assoc* 110: 1669-1675 (2010).