PERIODONTITIS

Weight problems linked to poor oral hygiene

Being overweight or obese is linked with an increased likelihood of having poor oral health, a new study has found.

Scientists studied 160 Thai people who were examined for oral diseases. People with a body mass index (BMI) of 25 and above, making them overweight (25 to 30) or obese (30 plus), were almost six times more likely to have severe periodontitis compared with those with a normal BMI.

The experts suggested altered inflammatory molecules associated with obesity may play a role. They wrote: ‘This interplay may enhance the risk of cardiovascular disease in overweight or obese individuals, and greater interaction between dental and medical professionals is required.’

Findings also showed people with a lower BMI were at risk.

The study revealed no significant association between obesity and missing teeth.


SIDE EFFECTS

Alternative chemotherapy drug offers better quality of life

An alternative chemotherapy drug to the usually prescribed CMF gives breast cancer patients a better quality of life and is just as effective at preventing the return of the cancer, a study has found.

Researchers at the Institute of Cancer Research in London and the Cancer Research UK Edinburgh Centre found capecitabine resulted in fewer side effects. The research focused on 4,391 adult patients with invasive primary breast carcinoma who had undergone surgery and were due to receive further chemotherapy to decrease the chance of a secondary tumour.

11,400 breast cancer deaths were recorded in the UK in 2014, equating to 31 deaths a day.

Source: Cancer Research UK

Patients were randomly selected to receive either standard epirubicin followed by CMF, accelerated epirubicin followed by CMF, standard epirubicin followed by capecitabine, or accelerated epirubicin followed by capecitabine. Most patients experienced some side effects regardless of the treatment. But those taking CMF were more likely to experience severe side effects including early menopause, nausea and infection.

Patients were followed up after 12, 18 and 24 months, and then yearly for at least ten years. In more than 85% of patients the cancer did not return for at least five years.


ABNORMAL RESULTS

Follow-up mammograms slower for Asian women

Asian women are less likely to receive timely follow-ups after an abnormal mammogram than white women, research from the US suggests.

A team from the University of California examined information from the San Francisco Mammography Registry on 50,970 women who had received mammogram results in the decade to 2010 indicating they needed further imaging.

Vietnamese and Filipino women had the longest, and Japanese the shortest, median time to follow-up tests (32, 28, and 19 days, respectively) compared with non-Hispanic white women (15 days).

The proportion of women receiving follow-up tests at 30 days was also lower for Asians (57%) than whites (77%). The disparity continued up to one year after the initial test, with 15% of Asians still not having had a subsequent examination compared with 10% of whites.

‘The long delays may be due to linguistic, cultural and other barriers that affect patient-provider communication for disadvantaged Asian groups, said lead author Kim Nguyen.

+ Hanh Nguyen K (2017) Disparities in abnormal mammogram follow-up time for Asian women compared to non-Hispanic whites and between Asian ethnic groups. Cancer. doi: 10.1002/cncr.30756