

ORAL–SYSTEMIC HEALTH INTERCONNECTIONS: A CRITICAL CHALLENGE IN MODERN STOMATOLOGY

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Introduction:

Oral health and systemic health are increasingly recognized as interrelated domains. Periodontal diseases, in particular, have shown strong associations with chronic systemic conditions such as diabetes and cardiovascular diseases.

Keywords: Oral-systemic health, periodontitis, systemic diseases, inflammation, interdisciplinary dentistry

Objective:

To examine the scientific evidence supporting the link between oral and systemic health, and to discuss its implications for integrated care in stomatology.

Methods:

A literature review of clinical and epidemiological studies from 2018 to 2025 was performed using databases such as PubMed and Web of Science. Keywords included “oral-systemic health,” “periodontitis,” “diabetes,” and “interdisciplinary care.”

Results:

Multiple studies support the bidirectional relationship between periodontitis and systemic diseases. Inflammatory mediators such as cytokines and bacterial by-products play key roles in disease progression. Despite strong evidence, integration of oral health into general health practices remains limited in many healthcare systems.

Conclusion:

Recognizing the oral–systemic health link is essential for improving early diagnosis and patient outcomes. Interdisciplinary collaboration between dentists and medical professionals should be prioritized. Future efforts should focus on education, policy integration, and collaborative clinical models.

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