

Letters to the Editor

[The Editor is not responsible for the views expressed by the correspondents]

Prevalence of Periodontal diseases in Type 2 Diabetes *JIMA, Vol 117, No 11, November, 2019*

SIR, — The authors have pointed comprehensively, the Periodontal disease is a less recognised, but well documented complication of diabetes mellitus and evaluated the prevalence of periodontal disease in Type 2 Diabetes Mellitus (DM). They have done assessment of Periodontitis in all by Community Periodontal Index (CPI) modified, Simplified Oral Hygiene Index (OHI-S) and Mobility.

Periodontitis is a possible early indicator of diabetes mellitus. Oral cavity with particular focus on patients with severe Periodontitis, seems be apt place for screening for (pre)diabetes, and in particular many patients of suspected new diabetes cases were recognised. So, the early diagnosis and treatment of (pre)diabetes help to prevent more severe complications and benefit the treatment of periodontitis.

A deviation of glucose metabolism, a change in cells like monocyte/macrophage phenotype leads to excess pro-inflammatory markers — cytokines due to periodontal infection, in diabetic patients. The cytokine-Tumour Necrosis Factor—(TNF-alpha) is the villain of periodontal disease and diabetes. The rise of TNF-a induces fibroblasts causing production of matrix-degrading enzymes and osteoclasts resulting active bone resorption.

DM and Periodontitis association seems to be not only bidirectional but also cyclical. Thus diabetes predisposes to oral disease and also periodontitis once diagnosed accelerates diabetes and worsens. So screening and managing DM is vital to prevent Periodontitis and complications.

Apart from Periodontitis, DM and HT are a deadly Duet of Tom and Jerry. There is a also study by Marta Czesnikiewicz-Guzik, *et al* and they noticed a casual relationship between periodontitis and BP, as evident from Mendelian randomization and a randomized controlled trial of non-surgical periodontal therapy. So, it is better to screen the patients of Periodontitis for not only Diabetes but also for HT.

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End TB by 2025 : Difficult Mission, but Not Impossible *JIMA, Vol 187, No 1, January, 2020*

SIR, — At the outset congratulations for giving a new shape to the JIMA.

The editorial by Dr Surya Kant gives a positive approach to make India TB free.

May I suggest to add quiz corner where you can have ECG quiz, Imaging quiz etc. Please include updates in Medicine including Digital Medicine and Artificial Intelligence etc.

Keep up your good work.

Thank you.

With Best Regards

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Thank you for your positive response. From February issue we will start Mediquiz and Pictorial CME for Digital Medicine and Artificial intelligence. Please contribute for the same.

Hony Editor, JIMA

Prevalence of anaemia in school going adolescents in a municipality town of West Bengal *JIMA, Vol 118, No 1, January, 2020*

SIR, — The authors have rightly enlightened us regarding the current situation of prevalence of anaemia in adolescent school going children.

The study has rightly pointed out that – the female adolescents suffer from anaemia more than their male counterparts.

I would like to suggest the comparison of prevalence of anaemia in female students who has attained menarche and those who have not attained menarche yet, against their male counterparts (age matched) – separately.

Since in both the male & the female adolescents are exposed to sex hormones which have an important role on erythropoiesis which will help us to reveal the increased prevalence of anaemia in this population further^{1,2}.

Moreover, this would also help us to compare the results of the study with that of Ludhiana study.

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- 1 Noël P — Mechanism of action of sex hormones on erythropoiesis (author's transl). *Ann Endocrinol (Paris)* 1973; **34(6)**: 758-61.
- 2 Mirand EA, Gordon AS — Mechanism of estrogen action in erythropoiesis. *Endocrinology* 1966; **78(2)**: 325-32.