

# letter

## Reply to: "Comment on: Body mass index and periodontal health status among young Saudi adults: a cross-sectional study"

We would like to thank the authors for their valuable and constructive comments<sup>1</sup> regarding our published study entitled "Body mass index and periodontal health status among young Saudi adults: a cross-sectional study".<sup>2</sup> Herein, we would like to highlight some important points. First, regarding the studied sample (being dental students), we totally agree that dental students usually have better oral health knowledge/behaviors and thus better oral health status than non-dental students.<sup>3</sup> However, it should be noted that the main purpose of our study was not to measure oral health status among dental students, but rather to assess the relationship between obesity and periodontal diseases.<sup>2</sup> Additionally, the findings of our study (with respect to the occurrence of periodontal diseases) were comparable with other local and regional studies.<sup>4,5</sup> Nevertheless, despite our stance we acknowledge that future multi-center, large-scale studies involving subjects with different backgrounds are required to confirm the association between obesity and periodontal diseases.

Secondly, with regards to ascertainment of obesity status of the examined subjects, it should be noted that body mass index (BMI) and waist circumference are used as measures of overall obesity and visceral adiposity, respectively. In our study, we used BMI measure but unfortunately we did not measure the waist circumference, which can be considered as a methodological shortcoming. Finally, we totally agree with the authors that future research should be conducted to

further explore the relationship between periodontal health and obesity, taking into consideration all potential confounders that might have an effect on periodontal health status such as socioeconomic variables, nutritional status, night eating habits, systemic health, dental visits and oral health practices.

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