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Effect of Azithromycin as an adjunct to non-surgical periodontal treatment in subjects with Stage III periodontitis: A randomized controlled clinical trial

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Introduction: Recently, it has been suggested that azithromycin (AZM) may be a useful adjunct to non-surgical periodontal therapy (NSPT). However, current scientific evidence is still not conclusive as to its efficacy as an adjunct of NSPT. This study aimed to evaluate the effect of the systemic administration of AZM as an adjunct to NSPT on the clinical and microbiological variables of patients with periodontitis. **Methodology:** Eighteen volunteers received NSPT combined with placebo or AZM (500 mg/day) for 3 days (n=9/group). They were monitored clinically for probing pocket depth (PPD), clinical attachment level (CAL), O'Leary index (OI), bleeding on probing (BoP) at baseline and during the first, third and sixth month and microbiologically, at baseline and at 3 and 6 months after therapy, by conventional polymerase chain reaction tests. **Results:** Fourteen patients completed the study (n=7/group). Differences statistically significant were observed among both groups. The experimental group presented: A PPD mean (p = 0.04) significantly lower and PPD reduction (p = 0.02), at 6-months post NSPT. Regarding changes (Δ), at the third month post NSPT, there was a significant increase in the number of shallow sites (p 0.001) and a decrease the intermediate sites (p 0.001). In addition, a significant decrease in the mean number of deep sites (p = 0.04) was detected at 6 months post treatment. There was also a significant decrease in BoP at 1 (p = 0.01), 3 (p < 0.001) and 6 (p = 0.01) months and OI was significantly lower at 3- and 6-months (p < 0.001), post treatment. Regarding the presence of periodontal pathogens, no significant differences were observed intra and inter groups. **Conclusion:** AZM as an adjuvant to NSPT provides additional beneficial effects for PPD and BoP compared to NSPT alone.

Recent publications

1. O'Rourke VJ. Azithromycin as an adjunct to non-surgical periodontal therapy: a systematic review. *Aust Dent J* 2017;62(1):14-22.
2. Pretzl B, Salzer S, Ehmke B, et al. Administration of systemic antibiotics during non-surgical periodontal therapy-a consensus report. *Clin Oral Investig* 2019;23(7):3073-85.
3. Lang NP, Tonetti MS. Periodontal risk assessment (PRA) for patients in supportive periodontal therapy (SPT). *Oral Health Prev Dent* 2003;1(1):7-16.

Biography

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