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Canadian Longitudinal Study on Aging
Étude longitudinale canadienne sur le vieillissement

CLSA Approved Project

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Project Title
Oral health outcomes as a surrogate measure of bone mineral density and fracture risk

Project Summary
The burden of osteoporosis and related fractures is rising as our population ages. Many fractures occur prior to diagnosis and often result in reduced quality of life. Despite this, bone mineral density scans to diagnose osteoporosis are not routinely performed. To reduce barriers to diagnosis, guidance is needed to identify those at high risk for fracture. Given the association between osteoporosis and an increased risk of periodontal disease it is possible that unfavourable oral health outcomes, many of which of indicators of periodontal disease, may represent overall bone health. This research will investigate if self-reported unfavourable oral health outcomes assessed in the CLSA can be used as a surrogate measure of bone mineral density and fracture risk. Findings can inform the use of oral health outcomes to identify those at high risk for fracture and mitigate barriers to diagnosis.

Keywords
oral health, osteoporosis, bone mineral density, fracture