

Supplementary Table S2. Recent evidence linking periodontal diseases and atherosclerotic vascular diseases

Study	Sample size (n) and population	Exposure	Outcome	Follow-up period	Main findings
Prospective cohort studies showing a temporal relationship					
Sen et al. 2018 ³⁵	10,362 American population	PD	Ischaemic stroke	15 years	Increased risk of ischaemic stroke in subjects with existing PD at baseline. (HR 2.60, 95% CI 1.20–5.60)
Dorn et al. 2010 ⁹¹	884 American population	Severe PD	Overall CVD events (fatal or non-fatal)	3 years	Increased risk of recurrent CVD event in subjects with severe PD. (HR 2.05, 95% CI 0.93–4.53)
Xu and Lu 2011 ⁹²	10,849 American population	Severe PD	Overall CVD events	18 years	Increased risk of CVD event and all-cause mortality in subjects with severe PD. (HR 2.13, 95% CI 1.37–3.31)
Yu et al. 2015 ⁹³	39,863 American population	PD	Major CVD events Ischaemic stroke	15 years	Increased risk of major CVD event (by 42%) and ischaemic stroke (by 27%) in subjects with incident PD at baseline.
Bengtsson et al. 2021 ⁹⁴	1,402 Swedish population	PD	All-cause mortality	17 years	Increased risk for all-cause mortality in subjects with existing PD at baseline. (HR 1.40, 95% CI 1.20–1.80)
Cho et al. 2021 ⁹⁵	298,128 Korean population	Severe PD	AMI Stroke MACE	10 years	Increased risk of AMI (by 11%), stroke (by 3.5%), and MACE (by 4.1%) in subjects with severe PD at baseline.
Randomised controlled trials showing positive effect of periodontal therapy on CVD prognostic markers					
Czesnikiewicz-Guzik et al. 2019 ⁴⁰	101 (Patients with hypertension) Polish population	Periodontal treatment	Endothelial function (FMD of brachial artery) SBP, DBP	2 months	Increase in FMD (by 1.7%) after periodontal treatment. Reduction in SBP (by 11mmHg) and DBP (by 8.3mmHg) after periodontal treatment.
Seinost et al. 2005 ⁴¹	61 (CVD-free individuals) Austrian population	Periodontal treatment	Endothelial function (FMD of brachial artery)	3 months	Increase in FMD (by 3.7%) after periodontal treatment.
Hada et al. 2015 ⁴²	70 (With proven CVD) Indian population	Periodontal treatment	SBP	6 months	Reduction in SBP (by 7.1mmHg) after periodontal treatment.
Zhou et al. 2017 ⁴³	95 (Patients with pre-hypertension) Chinese population	Periodontal treatment	SBP, DBP	6 months	Reduction in SBP (by 12.5mmHg) and DBP (by 9.65mmHg) after intensive periodontal treatment.
Tonetti et al. 2007 ⁹⁶	120 (CVD-free individuals) English population	Periodontal treatment	Endothelial function (FMD of brachial artery)	6 months	Increase in FMD (by 2.0%) after periodontal treatment.

AMI: acute myocardial infarction; CI: confidence interval; CVD: cardiovascular disease; DBP: diastolic blood pressure; FMD: flow-mediated dilation; HR: hazard ratio; MACE: major adverse cardiovascular events; OR: odds ratio; PD: periodontal disease; SBP: systolic blood pressure

Data compiled in this table are from prospective cohort studies or randomised controlled trials published from 2000–2021 by searching PubMed, Medline and Google Scholar using the following keywords: [“periodontal diseases” OR “periodontitis” OR “oral hygiene” OR “periodontal treatment”] AND [“cardiovascular diseases” OR “myocardial infarction” OR “stroke” OR “cerebrovascular diseases”].

Values in bold are significant

Superscript numbers: Refer to REFERENCES