

**LONG CHAIN OMEGA-3 FATTY ACIDS AS AN
ADJUNCT TO NON-SURGICAL
PERIODONTAL THERAPY: A RANDOMISED
DOUBLE-BLIND PLACEBO CONTROLLED
TRIAL**

**A thesis submitted to the University of Adelaide in
partial fulfilment of the requirements of the Degree
of Doctor of Clinical Dentistry (Periodontology)**

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Table of Contents

List of Tables	iv
List of Figures.....	v
List of Abbreviations	vi
Abstract.....	viii
Declaration	x
Acknowledgements	xi
Chapter 1. Literature Review of the Role of Inflammation in Periodontitis and the Use of Long Chain Omega-3 Fatty Acids as Host Modulation Therapy	1
1.1 Introduction	1
1.2 The Role of Bacteria in Periodontitis	2
1.3 The Role of the Host Response in Periodontitis	4
1.4 Mediators of Inflammation	6
1.4.1 Pattern-recognition Receptors	6
1.4.2 Pro-inflammatory Cytokines.....	8
<i>1.4.2.1 Interleukin-1 Family</i>	<i>10</i>
<i>1.4.2.2 TNF-α.....</i>	<i>11</i>
<i>1.4.2.3 Interleukin-6 and Related Cytokines.....</i>	<i>12</i>
<i>1.4.2.4 Interleukin-17 and Interleukin-23.....</i>	<i>13</i>
<i>1.4.2.5 Chemokines</i>	<i>13</i>
1.4.3 Matrix Metalloproteinases.....	15
1.4.4 Pro-inflammatory Lipid Mediators	17
<i>1.4.4.1 Prostaglandins</i>	<i>18</i>
<i>1.4.4.2 Leukotrienes.....</i>	<i>20</i>
1.5 Anti-inflammatory Approaches in Periodontal Therapy	20
1.6 Long Chain n-3 Fatty Acids	23
1.7 Anti-inflammatory Mechanisms of Long-chain n-3 Fatty Acids.....	24
1.7.1 Effect on Eicosanoid Production.....	24
1.7.2 Effect on Oxidative Stress.....	26
1.7.3 Effect on Pro-inflammatory Cytokines	26
1.7.4 Nuclear Factor Kappa B and Other Transcription Factors.....	27
1.7.5 Plasma Membrane Organisation	28
1.7.6 Pro-resolution Lipid Mediators.....	28
<i>1.7.6.1 Lipoxins.....</i>	<i>32</i>

1.7.6.2 <i>Resolvins</i>	32
1.7.6.3 <i>Protectins</i>	37
1.7.6.4 <i>Maresins</i>	38
1.8 Fish Oil Therapy and Systemic Inflammatory Diseases.....	39
1.9 Safety of Fish Oil Therapy	41
1.9.1 Increased Risk of Bleeding	41
1.9.2 Methyl Mercury and Other Chemical Contaminants.....	42
1.9.3 Association with Cancer Risk.....	42
1.10 Evidence for the Role of Fish Oil in Periodontal Therapy	43
1.10.1 Human <i>in vitro</i> and Animal Studies.....	44
1.10.2 Cross-sectional and Longitudinal Studies	46
1.10.3 Clinical Studies	47
1.11 References	51
Chapter 2. Long Chain Omega-3 Fatty Acids as an Adjunct to Non-surgical Periodontal Therapy: A Randomised Double-Blind Placebo Controlled Trial.....	78
2.1 Introduction	79
2.2 Material and Methods.....	80
2.2.1 Experimental Design	80
2.2.2 Eligibility	81
2.2.2.1 <i>Inclusion Criteria</i>	81
2.2.2.2 <i>Exclusion Criteria</i>	81
2.2.3 Data Collection.....	82
2.2.3.1 <i>Clinical Measurements</i>	82
2.2.3.2 <i>Study Outcomes</i>	83
2.2.3.3 <i>Examiner Calibration</i>	83
2.2.4 Procedures.....	84
2.2.4.1 <i>Fish Oil Supplementation</i>	84
2.2.4.2 <i>Periodontal Therapy</i>	85
2.2.4.3 <i>Assessment of Fatty Acid Profiles</i>	85
2.2.5 Statistical Analyses	85
2.3 Results	87
2.3.1 Participants	87
2.3.2 Efficacy of Periodontal Therapy	90
2.3.2 Safety and Compliance.....	94
2.3.3 Correlation Between Clinical Parameters and Fatty Acid Profiles.....	96

2.3.4 Effects of EPA versus DHA	96
2.4 Discussion.....	97
2.4.1 Summary of Main Results	97
2.4.2 Agreement and Disagreement with Other Research.....	99
2.4.3 Limitations and Potential Bias	101
2.4.4 Implications for Practice and Research	102
2.5 Conclusion.....	103
2.6 References	104
Appendix I - Electronic Database Search Strategy.....	109
Appendix II - Interexaminer Agreement	110
Appendix III - Statistical Analyses	112
Appendix III - Supplemental Tables	118
Appendix IV - Sample Size Calculation	119

List of Tables

Table 1.1. Action of pro-inflammatory cytokines.....	9
Table 1.2. Role of eicosanoids in inflammation.	17
Table 1.3. Cellular actions of pro-resolution lipid mediators.	35
Table 2.1. Inclusion and exclusion criteria	82
Table 2.2. Description of administered capsules.	84
Table 2.3. Site-level case definition for periodontitis severity.	86
Table 2.4. Baseline demographic characteristics and clinical parameters.	89
Table 2.5. Comparison of treatment groups for reduction in probing pocket depth and gain in clinical attachment.	92
Table 2.6. Odds ratios for gain in clinical attachment ≥ 2 mm (based on GEEs).....	94
Table 2.7. Correlation between fatty acid profile and clinical periodontal parameters.	96
Table 2.8. Changes in CAL or PPD for subjects that received EPA or DHA.	97
Table 2.9. Difference in fatty acid profile at follow-up	118

List of Figures

Figure 1.1. Production of eicosanoids and pro-resolution lipid mediators.	18
Figure 1.2. Model of periodontitis pathogenesis and host modulation approaches.	31
Figure 2.1. Study follow-up.	83
Figure 2.2. Participant flow diagram.	88
Figure 2.3. Boxplot to show mean probing depths at baseline and follow-up.	90
Figure 2.4. Boxplot to show mean reduction in probing depth.	91
Figure 2.5. Boxplot to show mean clinical attachment at baseline and follow-up.	93
Figure 2.6. Boxplot to show mean gain in clinical attachment at follow-up.	93
Figure 2.7. Boxplot showing Omega-3 Index at baseline and follow-up.	95
Figure 2.8. Boxplot showing total LCn3PUFA levels at baseline and follow-up.	95

List of Abbreviations

AA	arachidonic acid
ATLs	aspirin-triggered lipoxins
COX-1	cyclo-oxygenase-1
COX-2	cyclo-oxygenase-2
DFDBA	demineralised freeze-dried bone allograft
DHA	docosahexaenoic acid
DPA	docosapentaenoic acid
ECM	extracellular matrix
EPA	eicosapentaenoic acid
GLA	gamma-linolenic acid
FAMES	fatty acid methyl esters
ICAM-1	intercellular adhesion molecule-1
IL-1R	human IL-1 receptor type 1
IκB	inhibitory subunit of NF κ B
IP-10	interferon-gamma inducible protein-10
JAK-STAT	janus tyrosine kinase-signal transducer and activator of transcription
MAPK	mitogen activated protein kinase
MaR1	maresin 1
MCP-1/CCL2	monocyte chemotactic protein-1
MIP-1α/CCL3	macrophage inflammatory protein-1 alpha
miRNAs	microRNAs
MMPs	matrix metalloproteinases
mPGES-1	microsomal prostaglandin E synthase-1
NF-κB	nuclear factor kappa B
NSAIDS	non-steroidal anti-inflammatory drugs
LAP	localised aggressive periodontitis
LCn3PUFAs	long-chain n-3 polyunsaturated fatty acids
LOX	lipoxygenase
LPS	lipopolysaccharide
LTB₄	leukotriene B ₄
OPG	osteoprotegerin
PAMPS	pathogen-associated molecular patterns

PAHs	polycyclic aromatic hydrocarbons
PCBs	polychlorinated biphenyls
PDL	periodontal ligament
PD1	protectin D1
PGG₂	hydroperoxy endoperoxide
PGF_{2α}	prostaglandin F _{2α}
PGH₂	endoperoxide
PMNLs	polymorphonuclear leukocytes
PPARγ	peroxisome proliferator-activated receptor gamma
RCTs	randomised controlled trials
RvE1	resolvin E1
TGF-β	transforming growth factor- β
Th-2	T-helper 2
TIMPS	tissue inhibitors of metalloproteinases
TLRs	toll-like receptors

Abstract

Background and Aim

Animal studies and early clinical trials suggest a role for long chain omega-3 fatty acids (LCn3PUFAs) in the treatment of periodontal disease due to their anti-inflammatory and pro-resolution actions. The aim of this study was to evaluate the clinical efficacy of fish oil supplementation as an adjunct to non-surgical periodontal therapy in the treatment of advanced chronic periodontitis. Specific objectives were to establish the relative benefit of docosahexaenoic acid (DHA) versus eicosapentaenoic acid (EPA) compared with a placebo.

Materials and Methods

Thirty-four subjects (10 male, 24 female; mean age 50.1) with advanced chronic periodontitis were recruited for this parallel group double-blind placebo-controlled randomised trial. All participants received non-surgical periodontal therapy and were randomly allocated to receive either adjunctive dietary fish oil supplements (equivalent of 2g LCn3PUFA per day) or placebo. Clinical parameters were recorded at baseline, 4, 7, 10 and 13 months. Additionally, erythrocytes were isolated from fasting blood samples to allow assessment of fatty acid biomarkers including EPA, DHA, Omega-3 Index and total LCn3PUFAs. Data for the 4 month follow-up is presented in this initial report.

Results

One participant was lost to follow-up (placebo group), reporting poor compliance with their allocated capsules. Both treatment groups were effective at improving clinical outcomes, demonstrating significant reduction of full-mouth bleeding scores, probing pocket depth reduction and clinical attachment gain. At the 4 month follow-up, no significant difference was seen between groups for the percentage of sites that had ≥ 2 mm gain of clinical attachment ($P = 0.229$) or reduction in probing pocket depth ($P = 0.264$). The mean number of sites with residual pocket depth ≥ 5 mm at follow-up were not significantly different for the test group (6.6%) or placebo group (5.3%) ($P = 0.264$). Additionally, there were no statistically significant differences in clinical parameters for subjects that received supplements containing EPA, DHA or placebo.

Conclusion

Within its limitations, the findings of this study do not support an additional benefit of adjunctive LCn3PUFA supplementation for the treatment of advanced chronic periodontitis. Additionally, no correlation was found between clinical periodontal parameters and fatty acid profiles, and there was no significant difference between EPA and DHA subgroups. There is a need for further research to establish the clinical efficacy of LCn3PUFA as a host modulatory therapy for the treatment of periodontitis, particularly larger multi-centre randomised controlled trials.

Declaration

I certify that this work contains no material which has been accepted for the award of any other degree or diploma in my name, in any university or other tertiary institution and, to the best of my knowledge and belief, contains no material previously published or written by another person, except where due reference has been made in the text. In addition, I certify that no part of this work will, in the future, be used in a submission in my name, for any other degree or diploma in any university or other tertiary institution without the prior approval of the University of Adelaide and where applicable, any partner institution responsible for the joint-award of this degree.

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Brian Chee

Dated this day of 2015

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