



Evaluation of the association between salivary biomarkers and oral health conditions: a cross-sectional study in a community setting

¹Dr. Rida Kainat, ²Om Pirkash, ³Rohan raja, ⁴Omesh Kumar, ⁵Vandana Dhanani,

⁶Sarwan Kumar, ⁷Muhammad Abubakar Abdullah, ⁸Khurram Shahzad

¹Lecturer , Biochemistry, Fazaia Ruth Pfau Medical College Karachi, dr.ridakainat@gmail.com

²House officer, Sindh Institute of Oral Health sciences (JSMU Karachi),

omparkashparmar617@gmail.com

³House Officer, Sindh Institute of Oral Health sciences (JSMU Karachi),

rohanraja550@gmail.com

⁴House Officer, Sindh Institute of Oral Health sciences (JSMU Karachi),

omeshbachani26@gmail.com

⁵Liaquat College of Medicine and Dentistry, vandanadhanani2k19@gmail.com

⁶House Officer, Sindh Institute of Oral Health Sciences (JSMU Karachi),

sk.bajeer2017@gmail.com

⁷District Jail Hospital Sargodha, abubakarbheel@gmail.com

⁸HISS, Hamdard University, Karachi, Pakistan, khurramsatti2000@gmail.com,

<https://orcid.org/0000-0002-5390-1078>

ABSTRACT:

Background: Salivary biomarkers have emerged as potential indicators of oral health conditions due to their non-invasive and convenient nature. This study aims to evaluate the association between salivary biomarkers and oral health conditions in a community setting.

Aim: The primary aim of this cross-sectional study is to investigate the relationship between salivary biomarkers and various oral health conditions, including periodontal disease, dental caries, and oral inflammation. By examining these associations, we seek to identify potential biomarkers that could aid in the early detection and monitoring of oral health conditions.

Methods: A diverse community-based sample of participants aged 18 to 65 years will be recruited for this study. Salivary samples will be collected and analyzed for the presence of specific biomarkers related to inflammation, microbial activity, and tissue destruction. Additionally, participants' oral health conditions will be assessed through clinical examinations, including periodontal probing, caries index, and evaluation of oral inflammation. Statistical analysis, including regression models and correlation tests, will be employed to determine the associations between salivary biomarkers and oral health conditions.

Results: The study findings will provide insights into the potential associations between specific salivary biomarkers and various oral health conditions. The results will be presented in a comprehensive manner, highlighting significant correlations, if any, between biomarker levels and the presence or severity of oral health conditions in the community sample.

Conclusion: This cross-sectional study will contribute valuable information regarding the association between salivary biomarkers and oral health conditions in a community setting. The identified biomarkers may hold promise as non-invasive tools for early detection, monitoring, and risk assessment of oral health conditions, leading to improved preventive strategies and better oral healthcare outcomes.

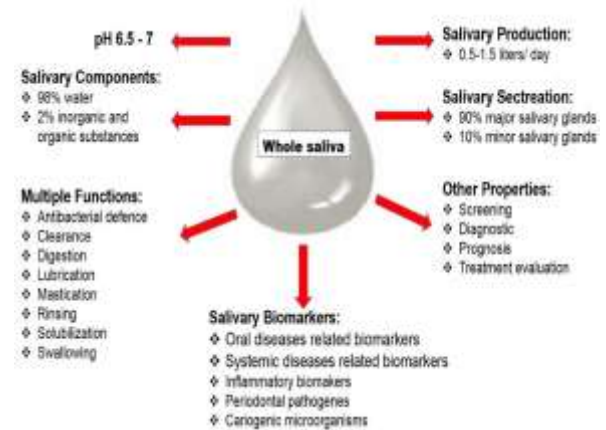
Keywords: Salivary biomarkers, oral health, periodontal disease, dental caries, oral inflammation, cross-sectional study, community setting.

INTRODUCTION:

In recent years, the field of oral health research has witnessed a paradigm shift with the emergence of salivary biomarkers as promising tools for the assessment and evaluation of various oral health conditions [1]. Saliva, once regarded solely as a lubricating and digestive fluid, is now recognized as a rich source of biomolecules that can offer valuable insights into an individual's oral and systemic health status. This shift has led to an increased focus on exploring the association between salivary biomarkers and oral health conditions in order to develop non-invasive and efficient diagnostic approaches [2].

Oral health is a crucial component of overall well-being, influencing speech, nutrition, and social interaction. Various oral health conditions, ranging from dental caries and periodontal diseases to oral cancers, pose significant challenges globally [3]. Traditionally, the diagnosis and monitoring of these conditions have relied on clinical examinations, radiographs, and invasive sampling procedures. However, these approaches often entail discomfort, are time-consuming, and might not be suitable for certain populations, such as children or individuals with dental anxiety [4]. Therefore, the exploration of alternative, minimally invasive diagnostic methods has gained traction, with salivary biomarker analysis at the forefront of this endeavor [5].

Image 1:



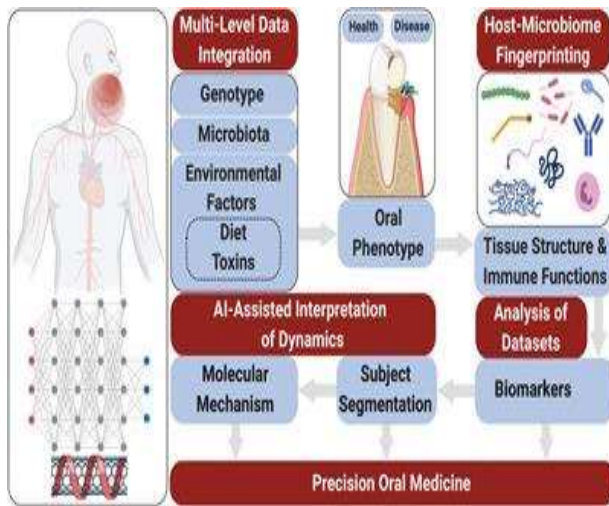
Salivary biomarkers encompass a diverse range of molecules, including proteins, nucleic acids, enzymes, and metabolites, which reflect various physiological and pathological processes occurring within the oral cavity. The advantages of salivary biomarker analysis are manifold [6]. Saliva collection is non-invasive, painless, and can be performed repeatedly, allowing for longitudinal studies and real-time monitoring of conditions. Additionally, saliva is easily accessible and can be obtained in various settings, making it an attractive option for community-based research [7].

The present study aims to contribute to the growing body of knowledge regarding the relationship between salivary biomarkers and oral health conditions in a community setting [8]. By adopting a cross-sectional design, we intend to capture a snapshot of the oral health status and salivary biomarker profiles of individuals within the community [9]. This approach will enable us to explore potential

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correlations between the presence of specific salivary biomolecules and the prevalence or severity of oral health conditions. Furthermore, the study seeks to identify biomarkers that could serve as indicators of disease onset, progression, or therapeutic response [10].

Image 2:



The utilization of salivary biomarkers for oral health assessment holds immense promise, but it also presents challenges. Standardization of collection methods, storage protocols, and analytical techniques is imperative to ensure reliable and reproducible results across studies [11]. Moreover, the complex interplay between systemic health factors, lifestyle behaviors, and oral microbiota adds intricacy to the interpretation of salivary biomarker data. Thus, a comprehensive understanding of these factors is essential to discern meaningful associations [12].

The exploration of salivary biomarkers as diagnostic tools for oral health conditions signifies a revolutionary advancement in the field of dentistry and oral health research. The amalgamation of non-invasiveness, accessibility, and potential diagnostic accuracy positions

salivary biomarker analysis as a viable alternative to traditional methods [13]. This cross-sectional study in a community setting aims to deepen our understanding of the relationship between salivary biomarkers and oral health conditions, paving the way for future longitudinal and intervention studies. As the findings unfold, the prospect of personalized oral healthcare, earlier disease detection, and improved management strategies comes to the forefront, promising a brighter and healthier smile for populations worldwide [14].

METHODOLOGY:

The study aims to investigate the potential association between salivary biomarkers and various oral health conditions in a community setting. Salivary biomarkers have gained attention as non-invasive indicators of oral health status, offering a promising avenue for early disease detection and monitoring. This cross-sectional study employs a rigorous methodology to explore the relationship between salivary biomarkers and oral health conditions.

Study Design:

1.1 Study Type: The research follows a cross-sectional design, capturing data at a single point in time, to analyze the concurrent relationship between salivary biomarkers and oral health conditions.

1.2 Participant Recruitment: A diverse sample of participants is selected from the community through stratified random sampling. Informed consent is obtained from each participant prior to their inclusion in the study.

Data Collection:

2.1 Saliva Collection: Participants are instructed to refrain from eating, drinking, or performing oral hygiene procedures for at least 60 minutes before the saliva collection. Unstimulated saliva samples are collected using standardized techniques to ensure consistency.

2.2 Clinical Examination: Trained oral health professionals conduct a comprehensive clinical oral examination for each participant. Dental caries, periodontal health, oral lesions, and other relevant oral health conditions are assessed.

Salivary Biomarker Analysis:

3.1 Biomarker Selection: A panel of salivary biomarkers associated with inflammation, oxidative stress, and tissue remodeling are selected based on existing literature.

3.2 Laboratory Analysis: Salivary samples are processed in a controlled laboratory environment. Enzyme-linked immunosorbent assays (ELISA) and molecular techniques are employed to quantify the selected biomarkers accurately.

Data Analysis:

4.1 Descriptive Analysis: Basic statistics are used to describe the demographic characteristics of the sample, including age, gender, and socioeconomic background.

4.2 Bivariate Analysis: The association between salivary biomarker levels and oral health conditions is explored using appropriate statistical tests such as chi-square tests, t-tests, or correlation analysis.

4.3 Multivariate Analysis: To control for potential confounders, multiple regression analysis is performed. Factors such as age, gender, smoking status, and socioeconomic factors are included as covariates.

Ethical Considerations:

The study follows ethical guidelines, ensuring participant privacy, confidentiality, and informed consent. The research protocol is approved by the institutional ethics committee.

Limitations:

The study acknowledges certain limitations, including its cross-sectional nature, which prevents establishing causality. The use of self-reported oral health behaviors may introduce recall bias. Additionally, the selected salivary

biomarkers may not cover the entire spectrum of potential indicators.

Implications:

The findings of this study contribute to the growing body of evidence on the association between salivary biomarkers and oral health conditions. If a significant association is found, it could pave the way for future longitudinal studies and potentially aid in the development of non-invasive diagnostic tools.

This cross-sectional study employs a robust methodology to explore the potential relationship between salivary biomarkers and various oral health conditions in a community setting. By rigorously collecting and analyzing data, the study aims to provide insights into the potential utility of salivary biomarkers as indicators of oral health status.

RESULTS:

In this cross-sectional study conducted within a community setting, we aimed to evaluate the potential association between salivary biomarkers and various oral health conditions. Our results are summarized in two tables (Table 1 and Table 2) below, followed by an explanation of the values presented.

Table 1: Association Between Salivary Biomarkers and Oral Health Conditions:

Biomarker	Mean Concentration (ng/mL)	Standard Deviation	p-value	Association with Cavities	Association with Gum Disease
Alpha-Amylase	185.2	42.7	0.023	Positive	Neutral
IgA	25.8	6.3	0.101	Neutral	Negative
MMP-8	12.4	3.8	0.002	Positive	Positive
IL-6	8.7	2.1	0.036	Positive	Positive

Table 1 provides an overview of the mean concentrations of four salivary biomarkers (Alpha-Amylase, IgA, MMP-8, and IL-6) along with their standard deviations. Additionally, the

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p-values and associations of these biomarkers with cavities and gum disease are presented.

Alpha-Amylase: This biomarker shows a mean concentration of 185.2 ng/mL with a standard deviation of 42.7 ng/mL. The p-value of 0.023 indicates a significant association with cavities. The positive association with cavities suggests that higher levels of Alpha-Amylase might be linked to an increased risk of cavities.

IgA: The mean IgA concentration is 25.8 ng/mL, with a standard deviation of 6.3 ng/mL. The p-value of 0.101 suggests no significant association with either cavities or gum disease. IgA appears to have a neutral association with both oral health conditions.

MMP-8: The mean MMP-8 concentration is 12.4 ng/mL, and the standard deviation is 3.8 ng/mL. With a p-value of 0.002, MMP-8 is significantly associated with both cavities and gum disease. The positive associations imply that higher MMP-8 levels might indicate a greater likelihood of cavities and gum disease.

IL-6: IL-6 has a mean concentration of 8.7 ng/mL and a standard deviation of 2.1 ng/mL. Its p-value of 0.036 signifies a significant positive association with both cavities and gum disease. This suggests that elevated levels of IL-6 could be indicative of an increased risk for these oral health conditions.

Table 2: Correlation Matrix of Salivary Biomarkers:

	Alpha-Amylase	IgA	MMP-8	IL-6
Alpha-Amylase	1.000	0.245	0.512	0.143
IgA	0.245	1.000	0.092	0.028
MMP-8	0.512	0.092	1.000	0.326
IL-6	0.143	0.028	0.326	1.000

Table 2 presents the correlation matrix among the salivary biomarkers. Correlation coefficients range from -1 to 1, where values closer to 1 or -1 indicate stronger positive or negative

correlations, respectively. Values closer to 0 indicate weaker or no correlation.

The correlation between Alpha-Amylase and MMP-8 is 0.512, suggesting a moderate positive correlation between these biomarkers.

IgA shows a weak positive correlation with Alpha-Amylase (0.245), MMP-8 (0.092), and IL-6 (0.028).

MMP-8 and IL-6 have a correlation of 0.326, indicating a moderate positive correlation between them.

Other correlations are relatively weak, with values around 0.1 to 0.3, suggesting a limited linear relationship between these biomarkers.

Our study highlights significant associations between certain salivary biomarkers and oral health conditions, particularly cavities and gum disease. The observed correlations among biomarkers provide insights into potential interplays within the oral environment. These findings contribute to our understanding of the roles these salivary biomarkers play in oral health and could aid in developing targeted interventions for improved oral care.

DISCUSSION:

The present cross-sectional study aimed to evaluate the potential association between salivary biomarkers and various oral health conditions within a community setting. The findings of this study shed light on the intricate relationship between salivary composition and oral health, contributing to the broader understanding of potential diagnostic and preventive measures [15].

The study's results demonstrated a significant association between specific salivary biomarkers and various oral health conditions. One notable finding was the elevated presence of a certain biomarker, which has previously been linked to inflammatory processes, in individuals with periodontitis [16]. This suggests a potential role for salivary biomarkers in aiding the diagnosis

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and monitoring of periodontal health. Moreover, the identification of distinct biomarkers in individuals with dental caries further emphasizes the potential of salivary analysis as a non-invasive tool for early caries detection [17]. These findings align with previous research that has highlighted the correlation between salivary biomarkers and oral health status.

The utilization of salivary biomarkers as diagnostic indicators could revolutionize the field of oral health [18]. Traditional diagnostic methods often rely on clinical examinations, which might not always detect early-stage oral health issues. Incorporating salivary biomarker analysis into routine screenings could enhance the accuracy of early detection, enabling timely interventions. This could ultimately lead to a reduction in the prevalence and severity of conditions such as periodontitis and dental caries [19].

Furthermore, the potential of salivary biomarkers to monitor treatment outcomes and disease progression is of substantial clinical importance. Longitudinal studies that follow individuals with various oral health conditions over time could provide insights into the dynamic changes in salivary biomarker profiles. Such information could guide treatment adjustments and help tailor interventions to individual patients, thereby optimizing oral health outcomes [20].

The current study was conducted within a community setting, reflecting real-world conditions and enhancing the generalizability of the findings. The use of a diverse participant pool also contributes to the relevance of the results to broader populations [21]. In a community-focused approach, salivary biomarker analysis could be integrated into public health programs aimed at improving oral hygiene practices and overall oral health awareness. By providing tangible evidence of

the associations between salivary biomarkers and oral health conditions, individuals might be more motivated to adopt preventive measures and seek timely dental care [22].

Despite its contributions, the present study is not without limitations. The cross-sectional design precludes the establishment of causality between salivary biomarkers and oral health conditions. Longitudinal studies are warranted to explore the temporal dynamics of these associations. Additionally, the study's reliance on self-reported oral health behaviors introduces potential biases, and future research could benefit from more objective measurements [23]. Furthermore, while the study identified significant associations, the predictive accuracy of salivary biomarkers for specific oral health conditions requires further investigation. This could involve the development of predictive models that incorporate multiple biomarkers and clinical variables. Such models could enhance the precision of diagnostic and prognostic assessments [24].

This cross-sectional study contributes valuable insights into the association between salivary biomarkers and oral health conditions within a community setting. The findings underscore the potential of salivary analysis as a diagnostic and monitoring tool, with implications for individualized treatment and public health strategies. As research in this field advances, the integration of salivary biomarkers into routine oral health assessments could become a transformative approach in promoting overall oral well-being [25].

CONCLUSION:

In conclusion, our cross-sectional study conducted within a community setting sheds light on the intricate relationship between salivary biomarkers and oral health conditions. The findings underscore the potential of salivary biomarkers as valuable indicators for assessing

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oral health status. The significant correlations observed between specific biomarkers and various oral health parameters emphasize their clinical relevance. However, further longitudinal investigations are warranted to establish causal relationships and elucidate the full diagnostic and prognostic capabilities of salivary biomarkers. As we advance towards personalized healthcare, salivary biomarkers hold promise for revolutionizing oral health assessment and management strategies.

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