

## Clinical trials funded by the National Institute of Dental and Craniofacial Research assessing the effects of periodontal therapy on preterm birth

- The Obstetrics and Periodontal Therapy Trial (OPT Trial)
- The Maternal Oral Therapy to Reduce Obstetric Risk Trial (MOTOR Trial)
- Both trials were designed to determine whether pregnant women having non-surgical periodontal therapy during pregnancy had fewer premature and/or low-birthweight infants compared to women who had periodontal therapy delayed until after delivery.

# OPT

- Time to event analysis was used to compare the gestational ages of the infants in the groups. Censored gestational age at 37 weeks.
- N = 823
- Periodontitis entry criteria: 4 or more teeth with probing depth  $\geq 4$  mm and clinical attachment loss  $\geq 2$  mm, and bleeding on probing at 35 percent or more tooth sites. Minimum of 20 teeth.

# MOTOR

- Comparing the proportions of neonates having gestational age  $< 37$  weeks across the two groups.
- N = 1800
- Periodontitis entry criteria: Three or more periodontal sites with  $\geq 3$ mm clinical attachment loss. Minimum of 20 teeth.

## OPT

- All patients received necessary dental treatment except for periodontal therapy.
- All patients (both groups) received monthly recall until delivery.

## MOTOR

- No dental treatment except for periodontal therapy provided. Patients needing immediate dental care (i.e., teeth having visible gross carious lesions) were excluded.
- No recall exams during pregnancy.
- Periodontal health of all patients reassessed immediately after delivery.

# Timeline

- OPT Trial – Published
- MOTOR Trial – Enrollment expected to be completed within 24 months