

Docosahexaenoic acid and periodontitis in adults

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Participants were randomized into two groups into two arms in a design called parallel double-blinded. Fifty-eight partakers were randomized to study the DHA supplementation. Out of the 55 people who participated 27 of them had been randomly assigned to DHA. The rates of reaction for DHA +ASA were 79%. The data collected was managed using an electronic data capture platform and an analysis done using SAS 9.3. The 3 months randomized trial of using 2000 mg DHA with 81-mg ASA showed a significant improvement on periodontitis. The results clearly showed that DHA supplementation with low ASA dosage is effective in treating periodontitis. Additionally, it is safe and cheap. The article has different tables and graphs and statistics enhanced the validity and reliability of the results. The strengths of the study included verified adherence, consistency in outcomes and control procedures which were predominant throughout the study. On the other hand, the weaknesses included lack of proper limitation of measurement. The target audience in this study was medical experts and people suffering from periodontitis. The purpose of the study was to provide another option for treating periodontitis. The study will assist a lot of people in reducing their expenses in treating periodontitis which was previously treated using application of antibiotics and mechanical cleaning.