



## ORIGINAL ARTICLE

# A Mendelian randomization study on the effect of 25-hydroxyvitamin D levels on periodontitis

Sebastian-Edgar Baumeister<sup>1,\*</sup> | Stefan Lars Reckelkamm<sup>1,\*</sup> |  
Hansjörg Baurecht<sup>2</sup> | Michael Nolde<sup>1,3,4</sup> | Thomas Kocher<sup>5</sup> |  
Birte Holtfreter<sup>5</sup> | Benjamin Ehmke<sup>6</sup> | Anke Hannemann<sup>7</sup>

<sup>1</sup> Institute of Health Services Research in Dentistry, University of Münster, Münster, Germany

<sup>2</sup> Department of Epidemiology and Preventive Medicine, University of Regensburg, Regensburg, Germany

<sup>3</sup> Chair of Epidemiology, University of Augsburg, Germany

<sup>4</sup> Institute for Medical Information Processing, Biometry, and Epidemiology—IBE, LMU Munich, Munich, Germany

<sup>5</sup> Unit of Periodontology, Department of Restorative Dentistry, Periodontology, Endodontology, and Preventive and Pediatric Dentistry, University Medicine Greifswald, Greifswald, Germany

<sup>6</sup> Clinic for Periodontology and Conservative Dentistry, University of Münster, Münster, Germany

<sup>7</sup> Institute of Clinical Chemistry and Laboratory Medicine, University Medicine Greifswald, Greifswald, Germany

## Correspondence

Sebastian-Edgar Baumeister, Institute of Health Services Research in Dentistry, University of Münster, Albert-Schweitzer-Campus 1, 48149 Münster, Germany.  
Email: [sebastian.baumeister@uni-muenster.de](mailto:sebastian.baumeister@uni-muenster.de)

\*Sebastian-Edgar Baumeister and Stefan Lars Reckelkamm contributed equally to this study.

## Abstract

**Background:** Twenty five-hydroxy vitamin D (25OHD) levels have been proposed to protect against periodontitis based on in vitro and observational studies but evidence from long-term randomized controlled trials (RCTs) is lacking. This study tested whether genetically proxied 25OHD is associated with periodontitis using Mendelian randomization (MR).

**Methods:** Genetic variants strongly associated with 25OHD in a genome-wide association study (GWAS) of 417,580 participants of European ancestry were used as instrumental variables, and linked to GWAS summary data of 17,353 periodontitis cases and 28,210 controls. In addition to the main analysis using an inverse variance weighted (IVW) model, we applied additional robust methods to control for pleiotropy. We also undertook sensitivity analyses excluding single nucleotide polymorphisms (SNPs) used as instruments with potential pleiotropic effects and used a second 25OHD GWAS for replication. We identified 288 SNPs to be genome-wide significant for 25OHD, explaining 7.0% of the variance of 25OHD levels and providing  $\geq 90\%$  power to detect an odds ratio (OR) of  $\leq 0.97$ .

**Results:** MR analysis suggested that a 1 standard deviation increase in natural log-transformed 25OHD was not associated with periodontitis risk (IVW OR = 1.04; 95% confidence interval (CI): 0.97–1.12;  $P$ -value = 0.297). The robust models, replication, and sensitivity analyses were coherent with the primary analysis.

This is an open access article under the terms of the [Creative Commons Attribution-NonCommercial-NoDerivs](https://creativecommons.org/licenses/by-nc-nd/4.0/) License, which permits use and distribution in any medium, provided the original work is properly cited, the use is non-commercial and no modifications or adaptations are made.

© 2022 The Authors. *Journal of Periodontology* published by Wiley Periodicals LLC on behalf of American Academy of Periodontology.



**Conclusions:** Collectively, our findings suggest that 25OHD levels are unlikely to have a substantial effect on the risk of periodontitis, but large long-term RCTs are needed to derive definitive evidence on the causal role of 25OHD in periodontitis.

**KEYWORDS**

Vitamin D, 25-Hydroxyvitamin D 2, Periodontitis, Mendelian Randomization Analysis

## 1 | INTRODUCTION

Periodontitis is a microbially-associated inflammatory disease of the tooth-supporting tissue that affects  $\approx 50\%$  of the adult population, with 10% suffering from severe periodontitis.<sup>1</sup> Its features include the loss of periodontal tissue support, manifested through clinical attachment loss and radiographically assessed alveolar bone loss, and the presence of periodontal pocketing and gingival bleeding.<sup>2</sup> Subgingival bacterial dysbiosis, cigarette smoking, and diabetes mellitus are established risk factors for periodontitis.<sup>3,4</sup> Dietary factors may contribute to the immune-inflammatory response involved in the occurrence of periodontitis.<sup>3,5</sup>

Vitamin D refers to a group of lipid-soluble compounds that can be derived from sunlight exposure or through food intake.<sup>6</sup> Vitamin D is bound to vitamin-binding protein, which is hydroxylated, via 25-hydroxylase, to 25-hydroxy vitamin D (25OHD) (calcifediol) in the liver.<sup>6</sup> 25OHD concentrations are measured routinely to determine the individual vitamin D status. Vitamin D is involved in bone metabolism, has a role in the innate and adaptive immune response, and displays anti-inflammatory and anti-microbial effects.<sup>7,8</sup> Because vitamin D is involved in mineral density and immune response, it is plausible to assume that vitamin D affects periodontal disease. The *in vitro* and observational literature, in part, suggests a link between vitamin D levels and periodontitis.<sup>9,10</sup> The *CYP27A1* gene, which encodes 25-hydroxylase, has been found in gingival fibroblasts and periodontal ligament cells.<sup>9,11</sup> In periodontitis models, 25OHD injection inhibited infection with *Porphyromonas gingivalis*, suggesting that vitamin D deficiency contributes to periodontitis.<sup>12,13</sup>

Most of the available observational studies are cross-sectional or case-control and revealed an association between lower 25OHD levels and poorer periodontal health status.<sup>9,10</sup> However, these are in contrast to prospective studies, which do not support an association, especially those studies using clinical indicators such as bleeding on probing and clinical attachment loss.<sup>10,14,15</sup> The reported observational associations between 25OHD and periodontitis may be causal, but are susceptible to con-

founding bias, as lower vitamin D levels co-occur with various risk factors of periodontitis, and reverse causality. In recent years, Mendelian randomization (MR) has received increasing attention for addressing some limitations of conventional observational studies to study long-term exposures.<sup>16</sup> Because randomized trials establishing a causal effect of long-term exposure to 25OHD are not available, MR offers additional evidence complementary to conventional epidemiological studies. We conducted an MR study using summary data obtained from two recently published large meta-analyses of genome-wide association studies (GWAS) of 25OHD and one GWAS of periodontitis,<sup>17–19</sup> following guidelines for performing and reporting MR studies.<sup>20,21</sup>

## 2 | MATERIALS AND METHODS

MR uses genetic variants that are associated with the exposure of interest but are independent of factors that may confound conventional observational analysis.<sup>16,22</sup> MR applies an instrumental variable (IV) framework, using the genetic variant as the IV. A valid IV has to satisfy three assumptions.<sup>22</sup> First, the IV is robustly associated with the exposure (“relevance”). Second, the IV does not share common causes with the outcome (“exchangeability”). Third, the IV affects the outcome only through its effect on the exposure (“exclusion restriction”). MR draws on Mendel’s laws of segregation and independent assortment, whereby genetic variants are allocated independently of environment and other genetic factors (except those inherited through linkage disequilibrium (LD)).<sup>16</sup> Germline genetic variants are inherited randomly and fixed at conception, and consequently, factors confounding the exposure-outcome relation cannot affect the genetic variant. Genetic variants are also not affected by the outcome, and therefore avoid reverse causation. MR typically uses single-nucleotide polymorphisms (SNP) that are identified and replicated through large-scale GWAS. This study applies Two sample MR analysis to summary SNP-level estimates of the genetic variant-exposure and genetic variant-outcome associations.<sup>22</sup>

**TABLE 1** Description of GWAS used for each phenotype

Phenotype	First author (year)	Sample size	Population	% female
25OHD	Revez (2020) <sup>18</sup>	417,580	100% European	54
25OHD	Manousaki (2020) <sup>17</sup>	443,734	100% European	55
Periodontitis	Shungin (2019) <sup>19</sup>	45,563	100% European	60

To assess whether genetically proxied 25OHD levels are associated with odds of periodontitis, we identified the LD-independent ( $r^2 > 0.01$ ) SNPs associated with 25OHD from a GWAS in 417,580 Europeans<sup>18</sup> (Table 1, Table S1). To satisfy the relevance assumption, we chose SNPs which were associated with 25OHD levels at a level of genome-wide significance ( $P$ -value  $< 5 \times 10^{-8}$ ).<sup>22</sup> To further verify the relevance assumption, we computed the F statistic and the proportion of the variance of 25OHD explained by all SNPs.<sup>23</sup> The 288 SNPs for 25OHD had a minimum F statistic of 29.8 and explained 7.0% of the phenotypic variability.

In a secondary analysis, we additionally used LD-independent, genome-wide significant SNPs from another 25OHD GWAS in 443,734 Europeans<sup>17</sup> (Table S1). We extracted estimates of the effects of the 25OHD-associated variants on periodontitis from a GWAS of 11 European studies, totaling 17,353 cases and 28,210 controls.<sup>19</sup> Periodontitis cases were classified by either the Centers for Disease and Control and Prevention/American Academy of Periodontology,<sup>24</sup> the Community Periodontal Index (CPI)<sup>25</sup> case definition, or through study participant reports of diagnosis of periodontitis.<sup>19</sup> Details on the demographics of the cohorts and the measurements can be found in the respective publications.<sup>17-19</sup> Ethical approval was granted for each of the cohorts and informed consent was obtained from all participants prior to participation.

## 2.1 | Statistical analyses

A priori statistical power was calculated.<sup>26</sup> Given  $\alpha = 5\%$ , the primary IVW analysis had  $\geq 90\%$  power when the expected ORs for periodontitis was  $\leq 0.97$ . The main analysis used a multiplicative random effects inverse-variance weighted (IVW) model to meta-analyze Wald ratios for the effect of a 1 standard deviation (SD) increase in natural log-transformed 25OHD (corresponding to a 29-nmol/l change in 25OHD levels)<sup>18</sup> on periodontitis. Wald ratios were obtained by dividing the per-allele SNP-periodontitis effects by the per-allele SNP-25OHD effects. The presence of associations between genetic variants and potential confounders might violate the exchangeability and/or exclusion restriction assumptions. The plausibility of the two IV assumptions was

examined by searching the PhenoScanner database for previously reported associations of our SNPs (and LD-proxies) with potential confounders. As a sensitivity analysis, MR estimates excluding variants associated with potential confounders were calculated. Violations of the exclusion restriction assumption can also occur via horizontal pleiotropy, whereby the IV affects the exposure and outcome but through different pathways. We examined potential horizontal pleiotropy by testing for heterogeneity of the effects of the instruments using the Cochran Q and  $I_{GX}^2$  statistics, applied the MR Egger intercept test of directional pleiotropy, the outlier test using the MR pleiotropy residual sum and outlier (MR-PRESSO),<sup>27</sup> the leave-one-out analysis to assess whether the IVW estimate was driven by a single SNP, and applied various pleiotropy-robust MR methods (penalized weighted median, Radial regression, MR-PRESSO).<sup>27-29</sup> Analyses were performed using the TwoSampleMR (0.5.6), MRPRESSO (1.0), and MendelianRandomization (0.5.1) packages in R, version 4.0.5. The study was not preregistered.

## 3 | RESULTS

The results of the MR analyses are shown in Table 2. We did not find evidence supporting an association between genetically proxied 25OHD and risk of periodontitis (IVW OR per 1-SD increment in  $\log_e$ -25OHD = 1.04; 95% confidence interval (CI): 0.97-1.12;  $P$ -value = 0.297). The secondary analysis using SNPs from a second 25OHD GWAS did not suggest an association between genetically proxied 25OHD and risk of periodontitis (IVW OR per 1-SD increment in  $\log_e$ -25OHD = 1.03; 95% CI: 0.89-1.18;  $P$ -value = 0.708) (Table 2).

In the PhenoScanner search, we found previous reports of associations with serum lipids, blood, anthropometric, body composition, cardiovascular, blood pressure, gastrointestinal, diabetes, renal, inflammatory, bone mineral density, and autoinflammatory traits (Table S2). We did sensitivity analysis excluding 49 SNPs, which were associated with either of these traits, and found an estimate similar to the original IVW analysis (OR = 1.07; 95% CI: 0.91-1.16;  $P$ -value = 0.121). There was no evidence of heterogeneity in the main IVW analysis (Table S3). The



TABLE 2 Mendelian randomization estimates for the association between 25OHD and periodontitis

Analysis	No. of SNPs	Method	OR <sup>a</sup>	(95% CI)	P-value
Primary analysis using SNPs from Revez (2020) GWAS	288	Inverse variance weighted	1.04	(0.97;1.12)	0.297
	288	Penalized weighted median	1.06	(0.91;1.24)	0.420
	288	IVW radial	1.04	(0.97;1.12)	0.297
	288	MR PRESSO	1.04	(0.97;1.12)	0.298
Secondary analysis using SNPs from Manousaki (2020) GWAS	65	Inverse variance weighted	1.03	(0.9;1.18)	0.708
	65	Penalized weighted median	1.09	(0.91;1.31)	0.347
	65	IVW radial	1.03	(0.90;1.18)	0.708
	65	MR PRESSO	1.03	(0.90;1.18)	0.709

Abbreviation: MR PRESSO, MR Pleiotropy RESidual Sum and Outlier.

<sup>a</sup>OR (odds ratio) per one standard deviation increment in log-transformed 25OHD

intercept estimated from the MR Egger regression was centered around zero and provided no support for unbalanced pleiotropy (Table S3). Using MR-PRESSO, we found no evidence for pleiotropy ( $P$ -value global test = 0.891). IVW leave-one-out analyses did not identify any leverage points with high influence. Evaluation of MR estimate under other pleiotropy-robust models showed consistency with the original IVW estimate (Table 2).

#### 4 | DISCUSSION

The results of this MR study do not support a causal association between genetically determined change in 25OHD levels and the risk of periodontitis. The study was sufficiently powered to test small effects and produced consistent estimates using different MR methods and in sensitivity and replication analyses. The majority of the available observational studies applied cross-sectional or case-control designs and found an inverse association between 25OHD levels and periodontitis.<sup>10,30–40</sup> Prospective studies, however, did not show associations between 25OHD levels and the occurrence or progression of periodontitis.<sup>9,10</sup> For example, a population-based cohort of middle-aged and older Germans suggested no association between serum 25OHD levels and changes in clinical attachment loss over 5.9 years.<sup>15</sup> Likewise, the U.S. OsteoPerio Study did not observe associations between 25OHD and 5-year change in clinical attachment loss and probing depth, alveolar bone loss, or tooth loss because of periodontal disease.<sup>14,41</sup> The result of the present MR analysis is generally in agreement with well-conducted prospective observational studies on the role of 25OHD in periodontitis.

Several potential limitations need to be considered. The periodontitis GWAS<sup>19</sup> used a broadly defined phenotype, including clinical criteria and reported diagnosis, which

might have introduced outcome misclassification, which could have attenuated the MR estimate towards the null. Our analysis assumes a linear relationship between the 25OHD levels and the (log odds) of periodontitis. Quantitative estimates may be misleading if the true relationship is non-linear. However, estimates are still reflective of the presence and direction of the population-averaged causal effect.<sup>42</sup> A protective effect may be only presented in certain population subgroups (e.g., postmenopausal women). Unfortunately, we had no access to individual-level participant data to further test effect modification to identify such subgroups using suitable MR methods.<sup>43</sup> In addition, if the effect of the SNP on 25OHD levels changes over the life course, the MR estimate would represent a biased estimate of the lifetime effect.<sup>44</sup> Previous studies have indicated, for example, that the relevance of sunlight exposure and vitamin D in the etiology of multiple sclerosis is limited to early life.<sup>45</sup> In this scenario, an MR study utilizing genetic variants associated with circulating 25OHD after the critical time window would not detect a sizeable association. One way to minimize this potential bias is to average over multiple SNP effects on phenotype (as done here through multiplicative random effects IVW), assuming that time-dependent effects of multiple instruments average across a lifetime.<sup>44</sup> In the present study, the 25OHD and periodontitis SNP effect estimates were obtained from European (ancestry) studies, thus minimizing the possibility of population stratification bias and increasing the plausibility of the two-sample MR assumption that summary associations derived from comparable populations. Nevertheless, caution is warranted before generalizing findings to other populations. We performed sensitivity analyses to assess and minimize heterogeneity and pleiotropy. Sensitivity analysis failed to find evidence for horizontal pleiotropy. Regarding instrument selection, we used a stringent selection threshold ( $P$ -value  $< 5 \times 10^{-8}$ ) to reduce the possibility of weak instrument bias.<sup>20</sup>



## 5 | CONCLUSION

Although biologic mechanisms suggest that vitamin D levels could be involved in the development of periodontal disease, our results identified no effect of genetically proxied elevation in 25OHD levels on periodontitis risk. Our findings suggest that the available cross-sectional observational studies might have been subject to environmental confounding or reverse causation. MR investigations are worthwhile in providing an alternative line of etiological evidence that complements traditional RCT-based causal inference. Long-term evidence from RCTs that follow individuals for many years is needed to derive more definitive evidence on the causal role of 25OHD in periodontitis.<sup>9,46</sup>

## ACKNOWLEDGMENTS

The authors acknowledge and thank the investigators of the original GWAS studies for sharing summary data used in this study.

## DECLARATION OF FUNDING

This research did not receive any grant from funding agencies in the public, commercial, or not-for-profit sectors.

## DATA AVAILABILITY STATEMENT

The summary statistics of the 25OHD GWAS<sup>17,18</sup> are available at <https://cnsgenomics.com/content/data> and <https://journals.plos.org/plosmedicine/article/file?type=supplementary&id=info:doi/10.1371/journal.pmed.1003536.s002> (access date: 2021/06/29). The periodontitis GWAS<sup>19</sup> summary data are available at <https://data.bris.ac.uk/data/dataset/2j2rqgzdxlq02oqbb4vmcnc2> (access date: 2021/03/09).

## AUTHOR CONTRIBUTIONS

Sebastian-Edgar Baumeister, Stefan Lars Reckelkamm, Hansjörg Baurecht, Michael Nolde, Birte Holtfreter, and Anke Hannemann conceived the study design and acquired the publicly available GWAS summary statistics. Sebastian-Edgar Baumeister, Stefan Lars Reckelkamm, Hansjörg Baurecht, and Michael Nolde contributed to the statistical analyses and interpretation of the data. Sebastian-Edgar Baumeister, Stefan Lars Reckelkamm, and Anke Hannemann wrote the initial draft. Sebastian-Edgar Baumeister, Stefan Lars Reckelkamm, Hansjörg Baurecht, Michael Nolde, Birte Holtfreter, Thomas Kocher, Benjamin Ehmke and Anke Hannemann revised the manuscript and approved the article.

## CONFLICTS OF INTEREST

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

## ORCID

Sebastian-Edgar Baumeister  <https://orcid.org/0000-0002-9391-6602>


Hansjörg Baurecht  <https://orcid.org/0000-0002-9265-5594>

Michael Nolde  <https://orcid.org/0000-0001-6893-7367>

Thomas Kocher  <https://orcid.org/0000-0001-9605-2822>

Birte Holtfreter  <https://orcid.org/0000-0002-6541-3127>

Benjamin Ehmke  <https://orcid.org/0000-0002-2418-6765>

Anke Hannemann  <https://orcid.org/0000-0002-2925-1124>

## REFERENCES

- Bernabe E, Marcenes W, Hernandez CR, et al. Global, regional, and national levels and trends in burden of oral conditions from 1990 to 2017: a systematic analysis for the global burden of disease 2017 study. *J Dent Res* 2020;99:362-373; <https://doi.org/10.1177/0022034520908533>
- Papapanou PN, Sanz M, Buduneli N, et al. Periodontitis: Consensus report of workgroup 2 of the 2017 world workshop on the classification of periodontal and peri-implant diseases and conditions. *J Clin Periodontol* 2018;45 Suppl 20:S162-s170; <https://doi.org/10.1111/jcpe.12946>
- Chapple IL, Bouchard P, Cagetti MG, et al. Interaction of lifestyle, behaviour or systemic diseases with dental caries and periodontal diseases: Consensus report of group 2 of the joint efp/orca workshop on the boundaries between caries and periodontal diseases. *J Clin Periodontol* 2017;44 Suppl 18:S39-s51; <https://doi.org/10.1111/jcpe.12685>
- Papapanou PN, Demmer RT. Epidemiology of periodontitis. In: Berglundh T, Giannobile WV, Lang NP, Sanz M, eds. *Lindhe's Clinical Periodontology and Implant Dentistry*. Hoboken, USA: Wiley & Sons Ltd, 2022:119-159.
- Lalla E, Papapanou PN. Systemic and environmental modifying factors. In: Berglundh T, Giannobile WV, Lang NP, Sanz M, eds. *Lindhe's Clinical Periodontology and Implant Dentistry*. Hoboken, USA: Wiley & Sons Ltd, 2022:263-287.
- Bikle D, Christakos S. New aspects of vitamin d metabolism and action – addressing the skin as source and target. *Nat Rev Endocrinol* 2020;16:234-252; <https://doi.org/10.1038/s41574-019-0312-5>
- Dommisch H, Kuzmanova D, Jönsson D, Grant M, Chapple I. Effect of micronutrient malnutrition on periodontal disease and periodontal therapy. *Periodontology 2000* 2018;78: 129-153.
- Rigby WF, Denome S, Fanger MW. Regulation of lymphokine production and human T lymphocyte activation by 1,25-dihydroxyvitamin d3. Specific inhibition at the level of messenger rna. *J Clin Invest* 1987;79:1659-1664; <https://doi.org/10.1172/jci113004>
- Millen AE, Pavlesen S. Could vitamin d influence risk for periodontal disease – to “d” or not to “d”? *Curr Oral Health Rep* 2020;7:98-111; <https://doi.org/10.1007/s40496-020-00253-7>
- Pinto J, Goergen J, Muniz F, Haas AN. Vitamin d levels and risk for periodontal disease: a systematic review. *J Periodontol Res* 2018;53:298-305; <https://doi.org/10.1111/jre.12531>



11. Gao Z, Liu K, Meng H. Preliminary investigation of the vitamin d pathway in periodontal connective tissue cells. *J Periodontol* 2018;89:294-302; <https://doi.org/10.1002/jper.17-0530>
12. Zhang C, Liu K, Hou J. Extending the vitamin d pathway to vitamin d(3) and cyp27a1 in periodontal ligament cells. *J Periodontol* 2021;92:44-53; <https://doi.org/10.1002/jper.20-0225>
13. Menzel LP, Ruddick W, Chowdhury MH, et al. Activation of vitamin d in the gingival epithelium and its role in gingival inflammation and alveolar bone loss. *J Periodontol Res* 2019;54:444-452; <https://doi.org/10.1111/jre.12646>
14. Millen AE, Andrews CA, LaMonte MJ, et al. Vitamin d status and 5-year changes in periodontal disease measures among postmenopausal women: the buffalo osteoperio study. *J Periodontol* 2014;85:1321-1332; <https://doi.org/10.1902/jop.2014.130686>
15. Zhan Y, Samietz S, Holtfreter B, et al. Prospective study of serum 25-hydroxy vitamin d and tooth loss. *J Dent Res* 2014;93:639-644; <https://doi.org/10.1177/0022034514534985>
16. Davey Smith G, Holmes MV, Davies NM, Ebrahim S. Mendel's laws, mendelian randomization and causal inference in observational data: substantive and nomenclatural issues. *Eur J Epidemiol* 2020;35:99-111; <https://doi.org/10.1007/s10654-020-00622-7>
17. Manousaki D, Mitchell R, Dudding T, et al. Genome-wide association study for vitamin d levels reveals 69 independent loci. *Am J Hum Genet* 2020;106:327-337; <https://doi.org/10.1016/j.ajhg.2020.01.017>
18. Revez JA, Lin T, Qiao Z, et al. Genome-wide association study identifies 143 loci associated with 25 hydroxyvitamin d concentration. *Nat Commun* 2020;11:1647; <https://doi.org/10.1038/s41467-020-15421-7>
19. Shungin D, Haworth S, Divaris K, et al. Genome-wide analysis of dental caries and periodontitis combining clinical and self-reported data. *Nat Commun* 2019;10:2773; <https://doi.org/10.1038/s41467-019-10630-1>
20. Burgess S, Smith GD, Davies NM, et al. Guidelines for performing mendelian randomization investigations. *Wellcome Open Research* 2020;4:186; doi:10.12688/wellcomeopenres.15555.2
21. Skrivankova VW, Richmond RC, Woolf BAR, et al. Strengthening the reporting of observational studies in epidemiology using mendelian randomization: the strobe-mr statement. *JAMA* 2021;326:1614-1621; <https://doi.org/10.1001/jama.2021.18236>
22. Burgess S, Foley CN, Zuber V. Inferring causal relationships between risk factors and outcomes using genetic variation. In: *Handbook of statistical genomics: Two volume set*. Chichester, UK: John Wiley & Sons Ltd, 2019:651-620.
23. Burgess S, Thompson SG. Avoiding bias from weak instruments in mendelian randomization studies. *Int J Epidemiol* 2011;40:755-764; <https://doi.org/10.1093/ije/dyr036>
24. Page RC, Eke PI. Case definitions for use in population-based surveillance of periodontitis. *J Periodontol* 2007;78:1387-1399; <https://doi.org/10.1902/jop.2007.060264>
25. World Health Organization. *Oral Health Surveys: Basic Methods*: World Health Organization; 2013.
26. Brion MJ, Shakhbazov K, Visscher PM. Calculating statistical power in mendelian randomization studies. *Int J Epidemiol* 2013;42:1497-1501; <https://doi.org/10.1093/ije/dyt179>
27. Verbanck M, Chen CY, Neale B, Do R. Detection of widespread horizontal pleiotropy in causal relationships inferred from mendelian randomization between complex traits and diseases. *Nat Genet* 2018;50:693-698; <https://doi.org/10.1038/s41588-018-0099-7>
28. Hemani G, Bowden J, Davey Smith G. Evaluating the potential role of pleiotropy in mendelian randomization studies. *Hum Mol Genet* 2018;27:R195-r208; <https://doi.org/10.1093/hmg/ddy163>
29. Slob EA, Burgess S. A comparison of robust mendelian randomization methods using summary data. *Genet Epidemiol* 2020;20:1-17.
30. Zhou X, Han J, Song Y, Zhang J, Wang Z. Serum levels of 25-hydroxyvitamin d, oral health and chronic obstructive pulmonary disease. *J Clin Periodontol* 2012;39:350-356; <https://doi.org/10.1111/j.1600-051X.2012.01852.x>
31. Abreu OJ, Tatakis DN, Elias-Boneta AR, et al. Low vitamin d status strongly associated with periodontitis in puerto rican adults. *BMC Oral Health* 2016;16:89; <https://doi.org/10.1186/s12903-016-0288-7>
32. Laky M, Bertl K, Haririan H, et al. Serum levels of 25-hydroxyvitamin d are associated with periodontal disease. *Clin Oral Invest* 2017;21:1553-1558; <https://doi.org/10.1007/s00784-016-1965-2>
33. Jönsson D, Aggarwal P, Nilsson BO, Demmer RT. Beneficial effects of hormone replacement therapy on periodontitis are vitamin d associated. *J Periodontol* 2013;84:1048-1057; <https://doi.org/10.1902/jop.2012.120434>
34. Boggess KA, Espinola JA, Moss K, Beck J, Offenbacher S, Camargo CA, Jr. Vitamin d status and periodontal disease among pregnant women. *J Periodontol* 2011;82:195-200; <https://doi.org/10.1902/jop.2010.100384>
35. Ebersole JL, Lambert J, Bush H, Huja PE, Basu A. Serum nutrient levels and aging effects on periodontitis. *Nutrients* 2018;10; <https://doi.org/10.3390/nu10121986>
36. Bonnet C, Rabbani R, Moffatt MEK, Kelekis-Cholakias A, Schroth RJ. The relation between periodontal disease and vitamin d. *J Can Dent Assoc* 2019;84:j4.
37. Lee HJ, Je DI, Won SJ, Paik DI, Bae KH. Association between vitamin d deficiency and periodontal status in current smokers. *Community Dent Oral Epidemiol* 2015;43:471-478; <https://doi.org/10.1111/cdoe.12173>
38. Antonoglou GN, Suominen AL, Knuuttila M, et al. Associations between serum 25-hydroxyvitamin d and periodontal pocketing and gingival bleeding: Results of a study in a non-smoking population in finland. *J Periodontol* 2015;86:755-765; <https://doi.org/10.1902/jop.2015.140262>
39. Millen AE, Hovey KM, LaMonte MJ, et al. Plasma 25-hydroxyvitamin d concentrations and periodontal disease in postmenopausal women. *J Periodontol* 2013;84:1243-1256; <https://doi.org/10.1902/jop.2012.120445>
40. Dietrich T, Joshipura KJ, Dawson-Hughes B, Bischoff-Ferrari HA. Association between serum concentrations of 25-hydroxyvitamin d3 and periodontal disease in the us population. *Am J Clin Nutr* 2004;80:108-113; <https://doi.org/10.1093/ajcn/80.1.108>
41. Pavlesen S, Mai X, Wactawski-Wende J, et al. Vitamin d status and tooth loss in postmenopausal females: the buffalo osteoporosis and periodontal disease (osteoperio) study. *J Periodontol* 2016;87:852-863; <https://doi.org/10.1902/jop.2016.150733>
42. Burgess S, Davies NM, Thompson SG. Instrumental variable analysis with a nonlinear exposure-outcome relationship. *Epidemiology* 2014;25:877-885; <https://doi.org/10.1097/ede.0000000000000161>



43. Rees JMB, Foley CN, Burgess S. Factorial mendelian randomization: Using genetic variants to assess interactions. *Int J Epidemiol* 2020;49:1147-1158; <https://doi.org/10.1093/ije/dyz161>
44. Labrecque JA, Swanson SA. Interpretation and potential biases of mendelian randomization estimates with time-varying exposures. *Am J Epidemiol* 2019;188:231-238; <https://doi.org/10.1093/aje/kwy204>
45. Holmes MV, Ala-Korpela M, Smith GD. Mendelian randomization in cardiometabolic disease: challenges in evaluating causality. *Nat Rev Cardiol* 2017;14:577-590; <https://doi.org/10.1038/nrcardio.2017.78>
46. Munafò MR, Higgins JPT, Smith GD. Triangulating evidence through the inclusion of genetically informed designs. *Cold Spring Harb Perspect Med* 2020; <https://doi.org/10.1101/cshperspect.a040659>

## SUPPORTING INFORMATION

Additional supporting information may be found in the online version of the article at the publisher's website.

**How to cite this article:** Baumeister SE, Reckelkamm SL, Baurecht H, et al. A Mendelian randomization study on the effect of 25-hydroxyvitamin D levels on periodontitis. *J Periodontol*. 2022;93:1243–1249. <https://doi.org/10.1002/JPER.21-0463>