

# Personalized approaches to oral health and disease management

Grazia Marinelli<sup>1\*</sup>  
Angelo Michele Inchingolo<sup>1\*</sup>  
Liviana Balestriere<sup>1</sup>  
Arianna Fiore<sup>1</sup>  
Claudia Ciocia<sup>1</sup>  
Francesco Inchingolo<sup>1</sup>  
Massimo Corsalini<sup>1</sup>  
Giuseppe Minervini<sup>2</sup>  
Andrea Palermo<sup>3</sup>  
Francesca Vinjoli<sup>4</sup>  
Marco Farronato<sup>5-6</sup>  
Cinzia Maria Norma Maspero<sup>5-6</sup>  
Fabio Luis Bunemer Guerra<sup>7</sup>  
Ana Júlia de Paula Guerra<sup>7</sup>  
Alessio Danilo Inchingolo<sup>1\*</sup>  
Gianna Dipalma<sup>1\*</sup>

<sup>1</sup> Interdisciplinary Department of Medicine, University of Bari "Aldo Moro", Bari, Italy.

<sup>2</sup> Multidisciplinary Department of Medical-Surgical and Odontostomatological Specialties, University of Campania "Luigi Vanvitelli," Naples, Italy.

<sup>3</sup> Department of Experimental Medicine, University of Salento, Lecce, Italy.

<sup>4</sup> Department Science Medicine, Università Cattolica Nostra Signora del Buon Consiglio, Via Dritan Hoxha, Tirana, Albania.

<sup>5</sup> Department of Biomedical, Surgical and Dental Sciences, School of Dentistry, University of Milan, Milan, Italy.

<sup>6</sup> Fondazione IRCCS Cà Granda, Ospedale Maggiore Policlinico, Milan, Italy.

<sup>7</sup> São José do Rio Preto, Brazil.

\* These authors contributed equally to this work.

**Corresponding author:** Alessio Danilo Inchingolo  
Email: alessiodanilo.inchingolo@uniba.it

## Abstract

Precision medicine has revolutionized oral health and disease management by enabling tailored treatment approaches based on individual genetic, molecular, and microbiome profiles. Advances in genomics, proteomics, and metabolomics have contributed to the development of personalized diagnostics and targeted therapies. EGFR inhibitors, PI3K/mTOR pathway modulators, and PD-1/PD-L1 checkpoint inhibitors have significantly improved patient outcomes in oral cancer treatment. Additionally, microbiome-based approaches have provided new insights into disease susceptibility and therapeutic responses in conditions such as periodontitis and dental caries.

Regenerative medicine, incorporating platelet-rich plasma (PRP) and bone morphogenetic proteins (BMPs), has enhanced tissue healing and repair in dental procedures. However, ethical concerns, cost barriers, and data privacy issues must be addressed to facilitate the widespread adoption of precision dentistry. Future research should focus on refining immunotherapy applications, expanding microbiome-targeted treatments, and improving computational modeling for personalized care.

By leveraging technological advancements and interdisciplinary approaches, precision dentistry continues to redefine patient care, improving diagnostic accuracy, therapeutic efficacy, and overall oral health outcomes.



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## Introduction

High-throughput sequencing technology advancements have transformed genetic research by making DNA sequencing quick and affordable (1–8). A more comprehensive understanding of biological systems is provided by transcriptomics, epigenomics, proteomics, and metabolomics, while whole genome sequencing (WGS) and whole exome sequencing (WES) shed light on coding regions (9–16). Precision medicine, which bases its treatment plans on each patient's unique genetic and molecular profile, has grown due to the integration of various fields, which is referred to as the omics sciences (17–28). Precision dentistry is the result of this individualized approach in dentistry, which uses molecular and genetic insights to improve oral disease diagnosis and treatment (29–37).

### Precision Medicine in Oral Cancer Treatment

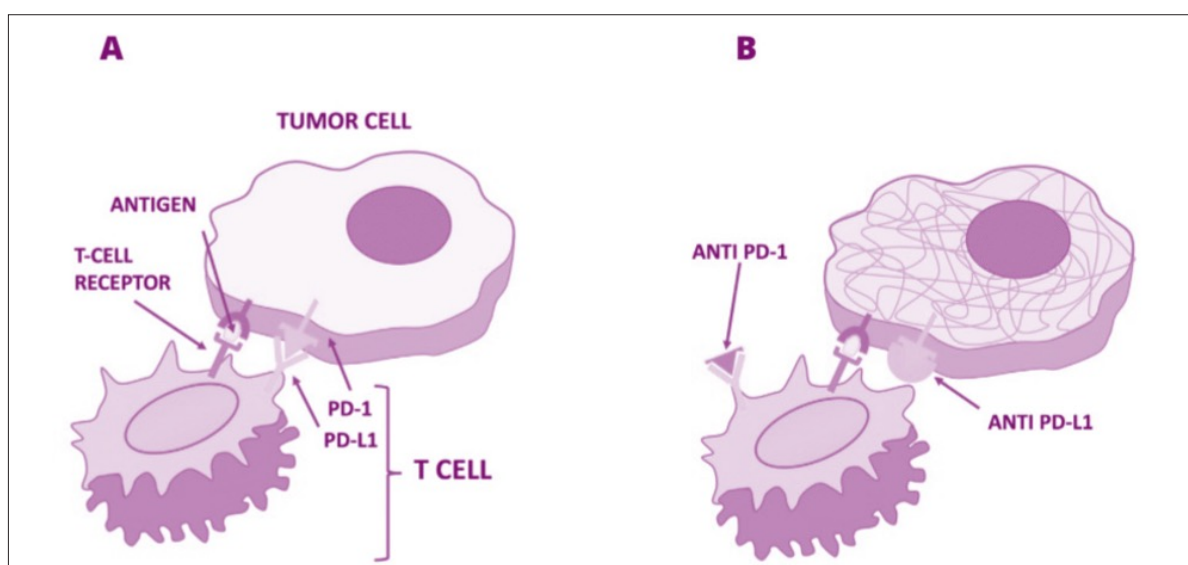
Surgery, chemotherapy, and radiation therapy are the standard treatments for oral squamous cell carcinoma (SCC), which accounts for more than 90% of all oral malignancies (38–47). Survival rates are still low despite these therapies, especially in advanced instances. The discovery of biomarkers such as the epidermal growth factor receptor (EGFR) has made it possible to develop tailored treatments like cetuximab, which increases the efficacy of radiation therapy (48–56). Phosphoinositide 3-kinase (PIK3CA) gene mutations have been found in genomic studies, such as those from The Cancer Genome Atlas (TCGA), especially in oropharyngeal HPV-positive malignancies (57–65). Metformin and other PI3K/mTOR pathway inhibitors have demonstrated promise in slowing the growth of tumors, highlighting the potential of precision medicine in creating focused treatments for oral cancer (66–75).

### Immunotherapy and Microbiome Applications

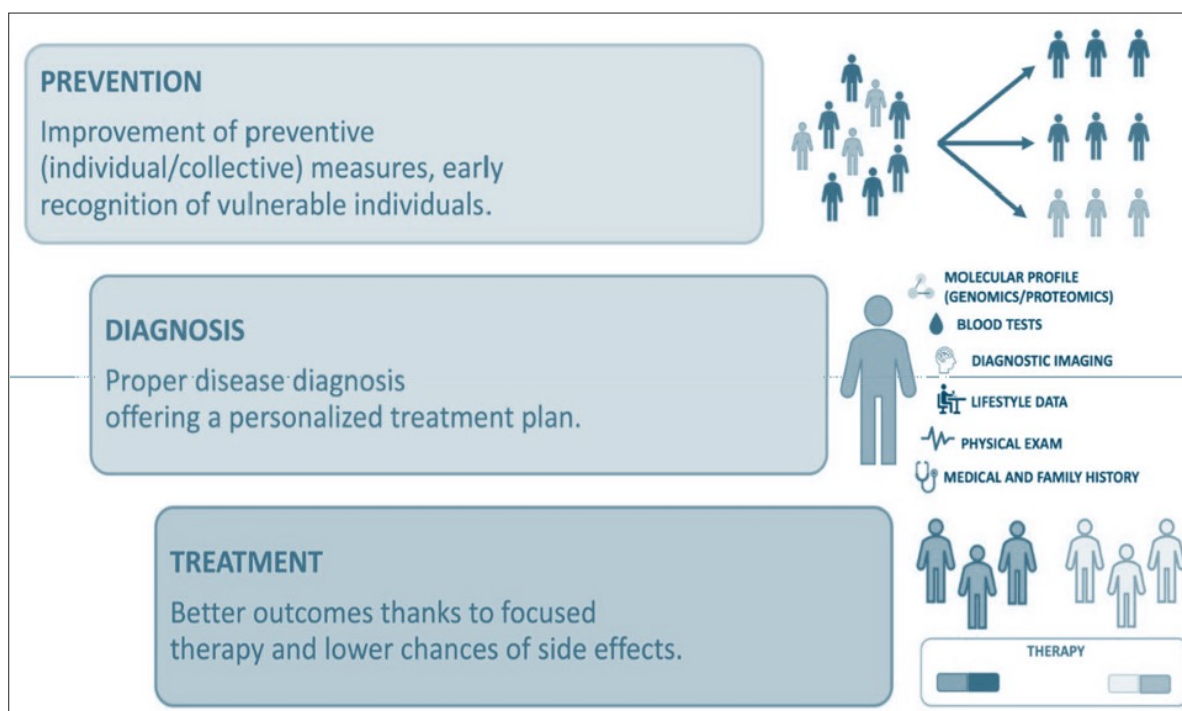
Immunotherapy has been a breakthrough in precision dentistry, especially in treating SCC (76–85). T-cell-mediated tumor suppression is improved by blocking the PD-1/PD-L1 immune checkpoint; in certain SCC cases, checkpoint inhibitors such as pembrolizumab and nivolumab are successful (86–93). The human microbiome, which affects immunological responses, drug metabolism, and disease susceptibility, is another critical component of precision dentistry (94–102). Different microbial compositions influence the emergence of diseases such as oral cancer, dental caries, and periodontal disease (103–110). Researchers can better prevent and manage disease by predicting therapy responses and customizing therapeutic approaches by analyzing microbiome profiles (Figure 1) (111–120).

### Biomarkers and Regenerative Medicine in Dentistry

Early illness detection and individualized preventive measures are made possible by the saliva biomarkers representing both oral and systemic health (121–128). Saliva contains inflammatory indicators, immunoglobulins, and some bacterial species that can be used to forecast the onset and course of disease (129–137). For instance, histatin peptides are linked to caries susceptibility, and higher salivary IgA and IgG levels against *Porphyromonas gingivalis* correspond with the severity of periodontal disease (138–145). Because autologous blood-derived products like Platelet-Rich Plasma (PRP) and Platelet-Rich Fibrin (PRF) facilitate soft and hard tissue healing, regenerative medicine has also improved dental care (146–153); furthermore, in line with the tenets of precision dentistry, bone morphogenetic proteins (BMPs) that are removed from teeth using specialist equipment support customized regeneration therapies (Fig.2) (154–161).



**Figure 1.** (A) Mechanism of inhibition of the PD-1/PD-L1 link on the antitumoral action of T lymphocytes. (B) Inhibition of the PD-1 or PD-L1 link allows the antitumoral action of T lymphocytes.



**Figure 2.** Personalized medicine pathway: prevention, diagnosis, and treatment tailored through individual data for improved outcomes and reduced side effects.

### *Ethical Considerations and Future Directions*

Concerns about genetic data privacy and possible discriminatory hazards are two ethical issues brought up by the development of precision medicine (162–168). The Human Genome Project (HGP) has helped put protections in place to stop the exploitation of genetic data in healthcare, insurance, and employment (169–176). Global genomic databases also improve uncommon disease detection and create focused, affordable treatments requiring strict data security protocols (177–185). Improving immunotherapeutic uses, growing microbiome research, and honing big data analytics are key to the future of precision dentistry (186–193). Precision dentistry will continue transforming patient care through customized treatment plans as these technologies advance, ultimately enhancing results and reducing side effects (194–202).

### **Materials and methods**

#### *Source of Study Materials*

This review utilized PubMed, Scopus, and the Web of Science to identify relevant studies on the influence of precision medicine on oral health. It also considered additional citations from selected articles.

#### *Search Strategy*

A structured search was conducted using Boolean operators and Medical Subject Headings (MeSH) terms related to “Genomics,” “Precision Medicine,” “Dentistry,” “Oral Health,” and “Oral Disease.” The search covered studies published between January 2013 and March 2023.

### *Filters Applied*

- Date: Studies published within the last ten years were included.
- Language: Only full-text articles in English were considered.

### *Inclusion and Exclusion Criteria*

Studies were selected based on their relevance to the role of precision medicine in dentistry.

#### **Inclusion criteria:**

- Study types: Randomized clinical trials, retrospective, and observational studies.
- Population: Adult patients.
- Interventions: Applications of precision medicine in dental practice.

#### **Exclusion criteria:**

- Animal and in vitro studies.
- Case reports, reviews, and commentaries.
- Non-English articles.

### *Data Processing*

Three independent reviewers screened, selected, and assessed the quality of the studies. Disagreements were resolved by consulting a senior reviewer.

### **Results**

A comprehensive database search was conducted to identify relevant studies on precision medicine, genomics, and their impact on oral health. After removing duplicates, studies were screened based on their titles and abstracts, focusing on their relevance to

the research topic. Many articles were excluded due to being off-topic, reviews, or animal studies.

After further evaluation, only a few of the initially identified studies met the inclusion criteria. These selected studies were then analyzed qualitatively to assess their contributions to the field.

## Discussion

### *The Role of Precision Medicine in Oral Health*

The integration of precision medicine into dentistry has significantly transformed disease management by enabling tailored treatment approaches (203–213). By leveraging genomic, transcriptomic, and proteomic insights, precision dentistry has improved early disease detection and therapeutic effectiveness (214–223). Personalized interventions are now at the forefront of oral health care, allowing customized treatment plans based on an individual's genetic and molecular profile (224–232).

### *Advances in Oral Cancer Treatment*

Oral cancer treatment has dramatically benefited from precision medicine by identifying molecular biomarkers (233–243). Targeted therapies, such as Epidermal Growth Factor Receptor (EGFR) inhibitors, Phosphoinositide 3-Kinase (PI3K)/mTOR pathway modulators, and PD-1/PD-L1 checkpoint inhibitors, have significantly improved patient outcomes (244–253). These therapies have shown promising results in enhancing survival rates and reducing tumor progression, particularly in advanced cases of oral squamous cell carcinoma (SCC) (254–264).

### *The Impact of the Human Microbiome on Oral Health*

The microbiome plays a crucial role in oral disease development and treatment response (265–275). Microbiome-based approaches have provided insights into conditions like periodontitis and dental caries, helping to predict disease susceptibility and personalize therapeutic interventions (276–284). By analyzing microbial compositions, researchers have identified disease-specific microbial markers that can guide treatment strategies and improve patient care (285–294).

### *Regenerative Medicine in Dentistry*

Regenerative techniques, such as Platelet-Rich Plasma (PRP) and Bone Morphogenetic Proteins (BMPs), have enhanced healing processes in dental procedures (295–304). These autologous blood-derived products facilitate soft and hard tissue repair, making them essential for modern dental treatments (305–315). By integrating regenerative medicine with precision dentistry, clinicians can develop patient-specific approaches that optimize healing and restoration (316–325).

### *Ethical and Logistical Challenges*

Despite its advancements, precision dentistry faces several challenges, particularly regarding data privacy and ethical considerations (326–334). The use of

genetic data raises concerns about confidentiality and potential misuse in healthcare, insurance, and employment sectors (335–342). Additionally, the high cost of precision medicine remains a significant barrier to widespread adoption, limiting accessibility to advanced treatments (343–352).

### *Future Directions in Precision Dentistry*

To further refine personalized dental care, future research should focus on:

- Expanding Immunotherapeutic Applications: Enhancing checkpoint inhibitors and other immune-modulating treatments to improve oral cancer therapy.
- Advancing Microbiome-Based Therapies: Developing probiotic and microbiome-targeted treatments for conditions such as periodontitis and dental caries.
- Optimizing Computational Models: Utilizing artificial intelligence (AI) and machine learning to predict treatment responses and improve precision diagnostics.

By integrating technological advancements and interdisciplinary approaches, precision dentistry will continue to revolutionize oral healthcare, ensuring improved diagnostic accuracy, therapeutic efficacy, and patient outcomes (353–364, 365, 366, 367).

## Conclusions

This review highlights the transformative impact of precision medicine on oral health and disease management. Reg genomic profiling, biomarker identification, and regenerative medicine have significantly advanced diagnosis and treatment strategies. Personalized interventions, including targeted therapies for oral cancer and regenerative approaches using PRP and BMPs, have shown promising results in clinical applications.

However, several challenges remain, particularly in precision dentistry's ethical, economic, and logistical aspects. Ensuring patient data protection, reducing treatment costs, and improving accessibility are crucial for the broader adoption of these innovations. Future advancements in high-throughput sequencing, AI-driven diagnostics, and immunotherapeutic applications will further refine personalized dental care.

By integrating multidisciplinary approaches, precision dentistry will continue to redefine oral healthcare, providing customized, effective, and minimally invasive treatment options. Further research is necessary to establish standardized protocols and expand the clinical utility of personalized medicine in dentistry.

## Abbreviations

Abbreviation	Definition
BMPs	Bone Morphogenetic Proteins
EGFR	Epidermal Growth Factor Receptor
HGP	Human Genome Project
PI3K	Phosphoinositide 3-Kinase
PRP	Platelet-Rich Plasma
SCC	Squamous Cell Carcinoma



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Not applicable.

## Conflicts of Interest

The authors declare no conflict of interest.

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