



STUDY HIGHLIGHTS

Chronic Periodontitis

Effect of the probiotic *Lactobacilli reuteri* (Prodentis) in the management of periodontal disease: a preliminary randomized clinical study

Vivekananda MR, Vandana KL, Bhat KG.

J Oral Microbiol. 2010;2:5344. Free access: <http://www.tandfonline.com/doi/full/10.3402/jom.v2i0.5344>

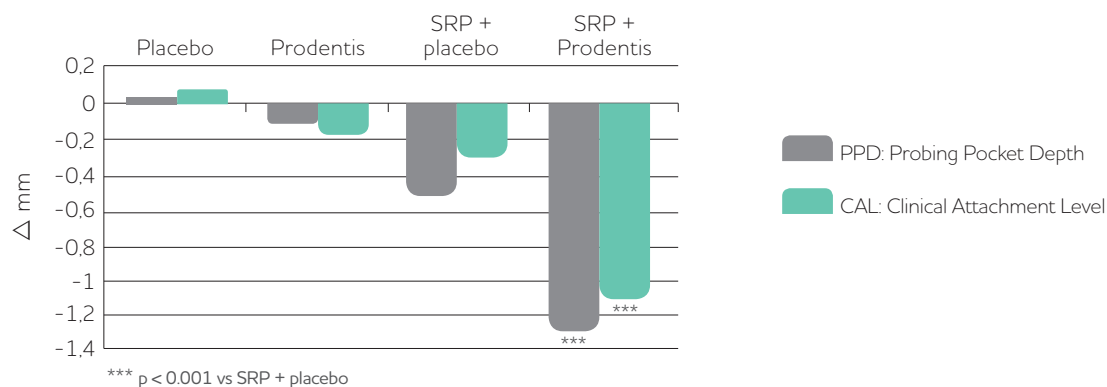
Demonstrates that *L. reuteri* Prodentis, alone or as an adjunct to scaling and root planing, improved clinical, inflammatory and microbiological measures of severity of periodontitis

Results

At day 42 compared to baseline:

- Plaque index, Gingival index and Gingival bleeding index were significantly improved by *L. reuteri* Prodentis compared to Scaling and Root Planing (SRP) + placebo and placebo alone.
- SRP combined with *L. reuteri* Prodentis gave maximum effects on reduction in Probing Pocket Depth (PPD) and enhancement of Clinical Attachment Level (CAL) compared to SRP alone ($p < 0.001$). SRP alone had however significant effect compared to Prodentis alone and placebo.
- 90 percent reduction in the levels of the pathogens *Aggregibacter actinomycetemcomitans*, *Porphyromonas gingivalis*, and *Prevotella intermedia* by SRP + *L. reuteri* Prodentis

Reductions in PPD and CAL at day 42



Conclusion

- *L. reuteri* Prodentis enhanced the effects of SRP and may be used in conjunction with non-surgical therapy and for subsequent maintenance

Facts

- Study design: Prospective, randomized, double blind, placebo-controlled, and with split mouth design: in each subject two quadrants (either right or left) were treated with SRP whereas the remaining two quadrants were left untreated
- Subjects: thirty (30) adults, 34-50y, with chronic periodontitis
- Dosage: 1 lozenge twice daily (4×10^8 CFU/day)
- Duration: SRP was performed on Day 0, while *L. reuteri* Prodentis was used during days 21-42.

Further reading

- Tekçe M et al. Clinical and microbiological effects of probiotic lozenges in the treatment of chronic periodontitis: a 1-year follow-up study. J Clin Periodontol. 2015;42:363-372.
- Inçe G et al. Clinical and biochemical evaluation of *Lactobacillus reuteri* containing lozenges as an adjunct to non-surgical periodontal therapy in chronic periodontitis. J Periodontol. 2015;86:746-754.
- Teughels W et al. Clinical and microbiological effects of *Lactobacillus reuteri* probiotics in the treatment of chronic periodontitis: a randomized placebo-controlled study. J Clin Periodontol. 2013;40:1025-1035
- Martín-Cabezas R et al. Clinical efficacy of probiotic as an adjunctive therapy to non-surgical periodontal treatment of chronic periodontitis: A systematic review and meta-analysis. J Clin Periodontol. 2016;43:520-530.

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