



# STUDY HIGHLIGHTS

## Chronic Periodontitis

### Clinical and microbiological effects of *Lactobacillus reuteri* probiotics in the treatment of chronic periodontitis: a randomized placebo-controlled study

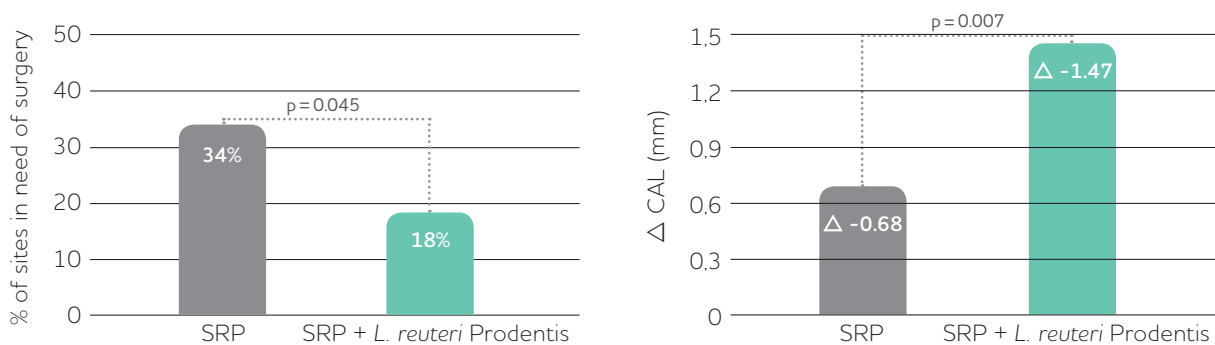
Teughels W, Durukan A, Ozcelik O, Pauwels M, Quirynen M, Haytac MC.

J Clin Periodontol. 2013;40:1025–1035.

#### Demonstrated significant clinical benefits of the addition of *L. reuteri* Prodentis to scaling and root planing (SRP) in patients with chronic periodontitis

#### Results

- Significant reduction of pocket depth in moderate and deep pockets ( $p=0.041$  and  $p<0.001$ , respectively)
- 47% fewer deep pocket sites in need of surgery with *L. reuteri* Prodentis compared to placebo ( $p=0.045$ )
- Risk of disease progression was significantly changed, with fewer patients with high risk and more patients with low risk



#### Conclusion

- Use of *L. reuteri* Prodentis lozenges for twelve weeks after scaling and root planing significantly improved clinical parameters in adults with chronic periodontitis, with a reduced risk of disease progression and number of sites in need of surgery.

#### Facts

- Study design: randomized, double blind, placebo-controlled clinical trial with *L. reuteri* Prodentis as adjunct to initial treatment with scaling and root planing
- Subjects: 30 adults with chronic periodontitis
- Dosage: 1 lozenge twice daily ( $4 \times 10^8$  CFU/day)
- Duration: 12-week intervention
- Primary endpoint: reduction in probing pocket depth
- Secondary endpoints: patients in need of surgery, risk of disease progression

#### 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
- Ince 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. (Additional results of Tekçe et al. 2015.)
- Martin-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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