STUDY HIGHLIGHTS
Chronic Periodontitis

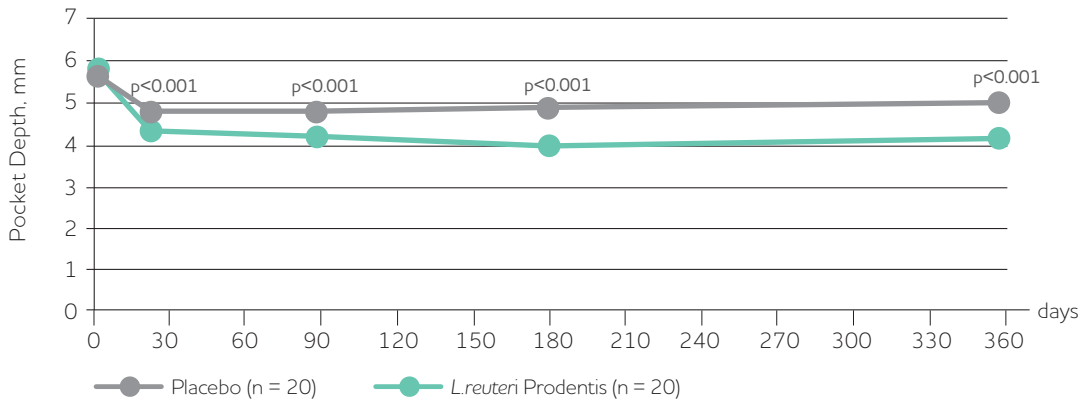
Clinical and biochemical evaluation of *Lactobacillus reuteri* containing lozenges as an adjunct to non-surgical periodontal therapy in chronic periodontitis

Ince G, Gürsoy H, İpçi ŞD, Cakar G, Emekli-Alturfan E, Yılmaz S.
J Periodontol. 2015;86:746-754.

Demonstrates that lozenges with *L. reuteri* Prodentis had both short- and long-term effects on periodontal disease
(additional results of the Tekce et al. 2015 trial)

Results

- Pocket depth, plaque and gingival indices, and bleeding on probing were all significantly improved ($p<0.05$) compared to placebo, at all time points
- Significant changes up to day 180 of cytokines in gingival crevicular fluid: reduced MMP-8 and increased TIMP-1 levels ($p<0.05$)
- Attachment gain was significantly greater in the *L. reuteri* Prodentis group compared with controls, on days 90, 180, and 360 ($p<0.001$)



Conclusion

- Lozenges with *L. reuteri* Prodentis may be a useful supplement in moderately deep pockets of patients with chronic periodontitis

Facts

- Study design: Prospective, randomized, double blind and placebo-controlled
- Subjects: Thirty (30) adults with chronic periodontitis, mean age 42 years
- Dosage: 2 lozenges daily (4×10^8CFU/day)
- Duration: Probiotic supplementation for 21 days, initiated after periodontal therapy. Clinical and biochemical evaluation at baseline and days 21, 90, 180 and 360.
- Primary endpoint: Pocket depth reduction
- Secondary endpoints: Changes in plaque index, gingival index, bleeding on probing, gingival crevicular fluid volume, attachment gain, and changes in MMP-8 (matrix metalloproteinase-8) and TIMP-1 (tissue inhibitors of matrix metalloproteinase-1). The balance between these two cytokines are essential for the degradation and remodeling of the extracellular matrix proteins.

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.
- 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.
- 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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