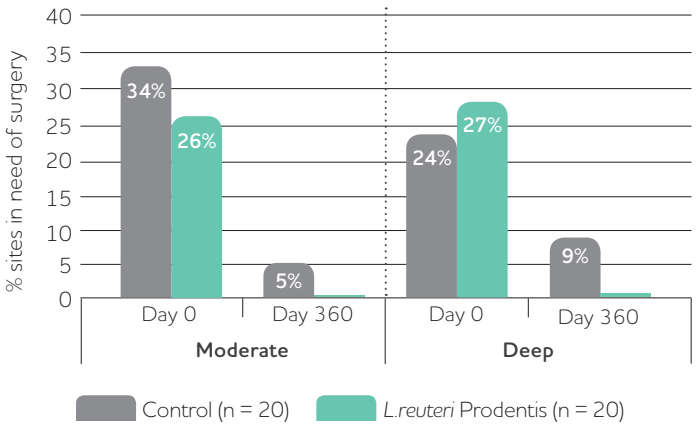
Clinical and microbiological effects of probiotic lozenges in the treatment of chronic periodontitis: a 1-year follow-up study

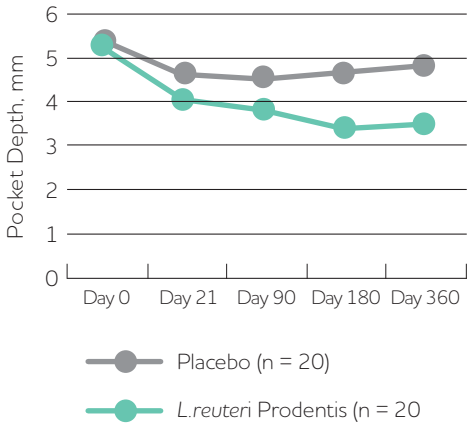
Tekçe M, İnce G, Gürsoy H, Ipçi SD, Cakar G, Kadir T, Yilmaz S.
J Clin Periodontol. 2015;42:363-372.

Demonstrates a long-lasting clinical improvement in chronic periodontitis by *L. reuteri* Prodentis lozenges as adjuvant to initial non-surgical periodontal therapy

Results

- At all time-points from day 21 until day 360, *L. reuteri* Prodentis was significantly better than placebo ($p<0.05$) in terms of gingival index, plaque index, bleeding on probing and pocket depth.
- Recolonization of pathogenic bacteria was significantly more delayed in the active group compared to placebo at days 21, 90, and 180 ($p<0.05$).
- In the active group, significantly fewer patients required surgery of ≥3 sites.





Conclusion

- *L. reuteri* Prodentis lozenges was a useful adjuvant agent to delay recolonization and improve clinical outcomes of chronic periodontitis.

Facts

- Study design: randomized, double blind, placebo-controlled clinical trial
- Subjects: 40 adults with chronic periodontitis and horizontal bone loss, and treated with scaling and root planing (SRP)
- Dosage: 1 lozenge twice daily (4×10^8 CFU/day)
- Duration: 3-week intervention, with evaluation at days 21, 90, 180, 360
- Primary endpoint: reduction in pocket depth
- Secondary endpoint: patients in need of surgery defined as PD ≥6 mm, or 5 mm and bleeding on probing

Further reading

- 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.)
- 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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BioGaia AB, Kungsbroplan 3, P.O. Box 3242, SE-103 64 Stockholm, Sweden, +46 (0)8 555 293 00, biogaia.com

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