

Probiotics and Their Impact on Oral Health

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WHAT ARE PROBIOTICS?

Probiotics are live organisms that, when administered in sufficient quantity, confer a benefit to the host by improving the balance between good bacteria and bad bacteria.

Many gut and oral health conditions are associated with an underlying dysbiotic state. Studies are showing that many of these conditions, including periodontitis, benefit from the use of probiotics.

THE RESEARCH

Probiotics and oral health is a relatively new area of research. However, the data from individual studies looking at the use of probiotics as an adjunct treatment in moderate to severe periodontitis patients is quite compelling. There are strong levels of evidence to suggest that short term use of probiotics during initial phase therapy can have positive effects that continue for 3-6 months, both in terms of microbiological profile and immunomodulation.

PERIODONTITIS

Though mechanical therapy that disrupts the biofilm is still the gold standard therapy for periodontitis, probiotics have been shown to be useful as an adjunct treatment.

HALITOSIS

A number of studies have shown that the use of probiotics reduces halitosis.

PRESCRIBING PROBIOTICS

- Probiotics are available in any health store, but they are very strain-specific. There are specific probiotic products for use in gut health, immune system health, oral health etc.

- For oral health, specific strains of lactobacillus (lactobacillus reuteri) are available in the form of lozenges.
- There is still some discrepancy as to the frequency and duration of probiotic therapy.