



# STUDY HIGHLIGHTS

## Periodontitis

### A dual-strain *Lactobacillus reuteri* probiotic improves the treatment of residual pockets: A randomized controlled clinical trial

Laleman I, Pauwels M, Quirynen M, Teughels W.

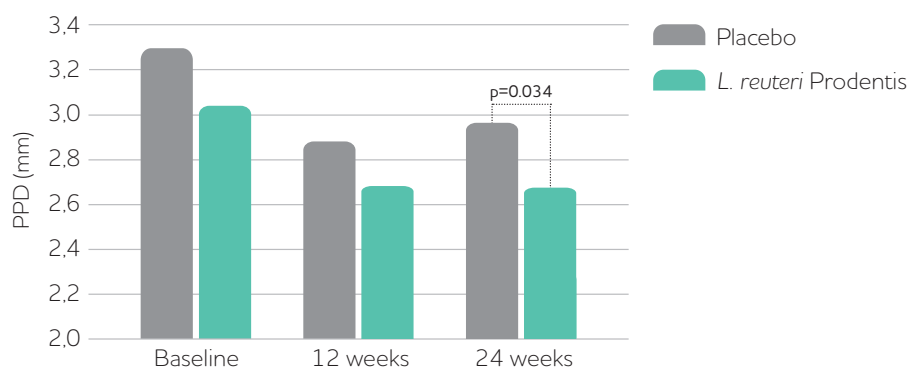
J Clin Periodontol. 2020;47:43–53. doi:10.1111/jcpe.13198.

#### Demonstrates that *L. reuteri* Prodentis improves the treatment of residual pockets

#### RESULTS

- The overall probing pocket depth (PPD) was significantly lower in the probiotic group ( $2.64 \pm 0.33$  mm) compared to placebo ( $2.92 \pm 0.42$  mm) at week 24 ( $p=0.034$ ).
- The difference was even more pronounced in moderate (4–6 mm) and deep ( $\geq 7$  mm) pockets ( $p=0.015$  and  $0.025$  resp.).

#### Significant reduction in PPD with *L. reuteri* Prodentis



#### CONCLUSION

- The adjunctive use of *L. reuteri* Prodentis after re-instrumentation is a useful treatment option for residual pockets.

#### FACTS

- Study design: randomized, double-blind and placebo-controlled
- Subjects: 39 previously non-surgically treated periodontitis patients
- Dosage: One lozenge twice daily ( $4 \times 10^8$  CFU/day)
- Duration: 12 weeks supplementation, follow-up at 24 weeks
- Primary outcome: PPD
- Secondary outcomes: Gingival recession, clinical attachment level, full-mouth plaque score, full-mouth bleeding scores, "risk for disease progression", "need of surgery" and microbiological sampling

#### FURTHER READING

- Teughels W, Durukan A, Ozcelik O, Pauwels M, Quirynen M, Haytac MC. (2013) Clinical and microbiological effects of *Lactobacillus reuteri* probiotics in the treatment of chronic periodontitis: a randomized placebo-controlled study. J Clin Periodontol. 40:1025–1035.
- Tekçe M, İnce G, Gürsoy H, İpçi SD, Cakar G, Kadir T, Yılmaz S. (2015) Clinical and microbiological effects of probiotic lozenges in the treatment of chronic periodontitis: a 1-year follow-up study. J Clin Periodontol. 42:363–372.
- Vivekananda MR, Vandana KL, Bhat KG. (2010). Effect of the probiotic *Lactobacilli reuteri* (Prodentis) in the management of periodontal disease: a preliminary randomized clinical study. J Oral Microbiol. 2: 10.3402/jom.v2i0.5344.

BioGaia can not be held responsible for any inconsistency of this material with local laws and regulations or any incorrect translations of the original version produced in English.

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

**BioGaia®**  
Probiotics grounded in evolution  
Driven by science