

THE EVIDENCE-BASED MOUTHWASH

On Wednesday 9 March, Johnson & Johnson, the makers of LISTERINE, were delighted to welcome members of the dental press to the BDA's headquarters to learn more about the findings of a unique meta-analysis¹ that may assist dental professionals committed to evidence-based preventive care.

Plaque bacteria is considered a major cause of gum disease and, according to the Group B consensus report of the fifth European Workshop in Periodontology, gingivitis and periodontitis are a continuum of the same inflammatory disease.²

The Group also revealed that: '...oral plaque biofilm disruption is the most effective way to treat and prevent both conditions [gingivitis and periodontitis].'² However, the mechanical regimen of brushing and interdental cleaning alone to remove plaque is often insufficient to control gum disease.³

'CLINICIANS MANAGING PATIENTS WITH POOR ORAL HYGIENE SHOULD CONSIDER RECOMMENDING ESSENTIAL OIL MOUTHRINSES'

Given the potential limitation of mechanical cleaning, the 11th European Workshop in Periodontology reached the following consensus: 'There is evidence for beneficial effects from adjunctive use of anti-plaque chemical agents in [...] preventing plaque accumulation,' and subsequently managing gingivitis.⁴

It would seem therefore that there is a case to be made for the use of an effective antimicrobial mouthrinse as an adjunct to mechanical cleaning. Further evidence is provided by Araujo and colleagues (2015) in their meta-analysis demonstrating the clinically significant benefit of using an essential oil mouthrinse (Listerine) as an adjunct to mechanical cleaning over a six-month period.¹

The key points provided by this the meta-analysis are:

- With over 5,000 participants, this is the largest meta-analysis on the efficacy of essential oil-containing mouthrinse,

establishing the benefits of daily essential oils as an adjunct to mechanical cleaning

- This is the first meta-analysis using responder analysis over a six-month period to demonstrate a clinically significant, site-specific benefit of a mouthrinse containing essential oils on plaque levels, which may help to prevent tooth decay and gingivitis when used in conjunction with mechanical cleaning
- By presenting the percentage of plaque-free tooth surfaces that achieved health, the meta-analysis provides a novel form of data to help dental healthcare professionals make evidence-based decisions to manage plaque in their patients.

When looking at plaque levels, Araujo and colleagues concluded that 36.9% of participants using an essential oil mouthrinse in addition to mechanical cleaning would have at least 50% of sites without plaque at six months. Only 5.5% using mechanical cleaning alone achieved a similar effect.

Clinicians who are managing patients with sub-optimal oral hygiene should consider recommending essential oil mouthrinses as an adjunctive treatment to help to reduce plaque levels, which may assist in the prevention of dental decay and gingivitis.

Alongside plaque reduction data, Araujo *et al.* also reviewed the impact on gingival health from adjunctive use of the essential oil-containing mouthrinse Listerine. For further details, read the full article at [http://jada.ada.org/article/S0002-8177\(15\)00336-0/pdf](http://jada.ada.org/article/S0002-8177(15)00336-0/pdf).

1. Araujo M W B, Charles C A, Weinstein R B *et al.* Meta-analysis of the effect of an essential oil-containing mouthrinse on gingivitis and plaque. *J Am Dent Assoc* 2015; **146**: 610-622
2. Kinane D F, Attström R. Advances in the pathogenesis of periodontitis. Group B consensus report of the fifth European Workshop in Periodontology. *J Clin Periodontol* 2005; **32(Suppl. 6)**: 130-131
3. Sharma N, Charles C H, Lynch M C *et al.* Adjunctive benefit of essential oil-containing mouthrinse in reducing plaque and gingivitis in patients who brush and floss regularly: a six-month study. *J Am Dent Assoc* 2004; **135**: 496-504.
4. Chapple I L C, Van der Weijden, Doerfer C *et al.* Primary prevention of periodontitis: managing gingivitis. *J Clin Periodontol* 2015; **42 (Suppl. 16)**: S71-S76

REMOVE TEN YEARS OF STAINS IN TWO WEEKS



Love it or loath it, the 'selfie'-culture is here to stay. With practically every phone having a built in camera is it surprising that the younger generation seem to be documenting their life in images? Aesthetics tend to rule when it comes to taking a picture. Celebrity culture has a lot to answer to, and whilst the stereotypical 'TOWIE' smile might want to be discouraged, teeth that have been professionally whitened can do much to boost an individual's confidence.

With Oral-B's 3D White Whitestrips patients can have whiter teeth with minimal fuss and nominal cost. With the ability to remove ten years of stains in just two weeks, James Goolnik, from the Bow Lane Dental Group, believes they will simplify at-home whitening regimes.

James explains: 'Dentists can diagnose the cause of the discolouration and prescribe the correct product to treat it and give patients a white smile. One of the reasons some of the public avoid a visit to the dentist is cost. But, with Whitestrips, they can get a white smile for an affordable price.'

'It's imperative that teeth are professionally whitened. The demand is evident and we do not want our patients undergoing treatment by untrained individuals. Moreover, having the patient in the surgery I can then use it as an opportunity to review their general oral health and ensure they're dentally and not just cosmetically fit!'

3D White Whitestrips are exclusively distributed in Europe by Henry Schein.

If you would like to promote your products or services direct to the dental industry in BDJ Team, call Andy May on 020 7843 4785 or email a.may@nature.com.