(14)

SESSION FOUR: DAY 2 (Afternoon)
Treatment Part II:
Moderator: Dr. Kleinberg

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Short-term Clinical and Microbiological Effects of Halitosis Therapy

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The purpose of the present study was to evaluate the short-term clinical and microbiological effects of a protocol for the treatment of oral halitosis in patients suffering from this clinical condition. Material & Methods. 20 subjects complaining of oral malodor wore included in this series Patients with untreated periodontitis, recent tooth extraction. open caries lesions or Intake of antibiotics in the previous month, were excluded. & hours before each evaluation, patients abstained from oral hygiene and ingestion of food and liquids. All subjects fulfilled a questionnaire about their oral health, smoking and dietary habits, and about their medical and dental history. At the baseline examination the following variables were recorded: full-mouth odor evaluated organoleptically (0-5); 2 consecutive measurements of VSC levels by means of Halimeter; and tongue coating Index (0-3). In a subset of S patients, standardized microbiological samples of unstimulated saliva and from the tongue dorsum were obtained for culture analysis (total aerobic and anaerobic counts, numbers and proportions of P. gingivalis, P. intermedia B. forsythus, 1.. nucleatum, P. micros. C rectus and enterics). As part of the treatment protocol, patients received supragingival prophylaxis and instructions in oral hygiene including the use of dental floss and interproximal brushes according to individual needs: all were instructed to use a tongue scraper and to gargle with a mouth rinse containing chlorhexidine, cetylpyridinium chloride and zinc lactate (Halita). twice daily for a period of 4-6 weeks. Further dietary advise was provided according to specific requirements. 4-6 weeks after the treatment phase, the same variables were recorded again. Paired t-test was used to evaluate differences between visits. Results & Discussion. All malodor-related parameters were reduced at the post-treatment visit the mean reduction ± SD in the organoleptic scores were 1.7 10.91 ($p<0.001$): in the VSC levels. 175±169 ppb ($p<0.001$); and in the tongue coating index, 0.45±0.69 ($1<0.05$). Regarding microbiological parameters, this treatment protocol was able to reduce total anaerobic counts in tongue samples in 2.34x106 cfu ($p=0.10$), while a clear pattern of reduction or increased was not observed in both aerobic or anaerobic counts in saliva, or in aerobic counts in tongue samples. F. nucleatum was detected in almost all tongue and saliva samples, both before and after treatment; while P. gingivalis occurrence was clearly reduced in saliva samples. Conclusions. The proposed treatment protocol was effective In controlling malodor-related parameters, after a period of active treatment of 4-6 weeks. The response of microbiological parameters in saliva and tongue samples remains to be elucidated.

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