What is a probiotic?

Dental practice is a likely distribution point for oral health product

By Shirley Gutkowski, RDH, BSDH

Oral probiotics are making some news. As probiotics go, oral probiotics are in a class all of their own. Most probiotics are for the lower part of the human digestive system, used to manage health there. Oral probiotics help manage oral biofilm.

According to the American Journal of Clinical Nutrition: “A probiotic is defined classically as a viable microbial dietary supplement that beneficially affects the host through its effects in the intestinal tract.”

The National Institutes of Health have a website, the National Center for Complementary and Alternative Medicine (NCCAM) at www.nccam.nih.gov, where they define probiotics as: live microorganisms (in most cases, bacteria) that are similar to beneficial microorganisms found in the human gut.

Probiotics also called “friendly bacteria” or “good bacteria.” Yogurt and other fermented foods are the main sources of naturally occurring probiotic bacteria in the American diet.

Probiotics available for oral health are not that prolific. The oral probiotics refer to those bacteria from the mouth that are intended to work in the mouth to alter the oral biofilm to be more healthful.

One savvy researcher, Dr. Jeffrey D. Hillman noticed people in Europe supplementing their gut bacteria nearly every day with a little jug of the probiotic mixture that they drank after a meal. He wondered if people would supplement their oral flora daily. He collected biofilm samples from people with healthy teeth, isolated three particular bacteria, branded them with a specific number and grouped them together with outstanding results.

That bacterial grouping is called ProBiora and is found in EvoorAPro. This is the only probiotic with original strains.

Considering probiotics in your practice? A patient who is trying everything to manage his or her oral health and not succeeding is an ideal candidate.

Photos/Provided by Shirley Gutkowski, RDH, BSDH

New brush head helps you ‘get hold of oral health’

By Robin Goodman, Dental Tribune

Procter & Gamble (P&G) has quite a bit of news to share with the media at the American Dental Association Annual Session in San Francisco, and Dental Tribune had a chance to sit down with its movers and shakers for a preview before the official presentation.

First, we met with Dr. Jonathan Levine, who runs the advanced esthetics program at NYU. Levine is involved in a campaign with Oral-B® and Dr. Mehmet Oz to challenge America to “get hold of their oral health,” as Levine phrased it. The dynamic duo wants to educate people about how important it is to have a healthy mouth.

“IT’s about the tools that are available today so that people can have healthy mouths in the easiest way possible,” Levine explained. “We all talk about getting fit and eating properly, but there is a little bit of a disconnect between how healthy we are in our bodies and how healthy we are in our mouths because people erroneously think there is a wall of separation. Yet, as we know, it’s actually quite connected, there is a partnership between oral health and overall health.”

As a result, Oz and Levine are challenging America to have a healthy mouth, and the team places a special focus on the underserved population, which is where P&G enters the picture by supporting Levine’s foundation, Glo Good.

Glo Good is all about oral health initiatives in underserved populations. Levine has traveled to Rwanda and East Africa to set up clinics to improve the oral health of these communities. Now the Glo Good group is looking to do things with P&G to help improve the underserved population in the United States, which numbers about 47 million. The campaign seeks to challenge Americans to become educated about the importance of oral health, but it also seeks to give back to the community.

Dr. Veronica Sanchez, the global scientific communications manager for Crest and Oral-B, said Oral B is donating $75,000 to Glo Good’s efforts. “We are honored to be working with Dr. Levine,” Sanchez said, “and I am fond of how he puts it when he says: ‘You are what you eat, so if you are sick, it means you are not taking care of your mouth.’ ”

To help populations around the globe with this goal, Sanchez shared the other big news of the day, the release of the new Oral-B Deep Sweep™ brush head. Designed as the result of consumer feedback, the new brush head has all the things consumers like about a manual toothbrush but offers the supreme cleaning power only an electric toothbrush can offer.

The brush head combines stationary and sweeping bristles, which provides two levels of clean: one that sweeps away plaque on the surface and another that reaches deeply between teeth. Indicator bristles at the power tip remind patients to replace the brush head once the bristles have fared halfway or every three months. In addition, the head’s familiar shape, like that of a manual toothbrush, eases the switch from manual to a power toothbrush. In addition, the new Deep Sweep brush head is compatible with all Oral-B Professional Series power toothbrush handles.

Photos/Provided by Shirley Gutkowski, RDH, BSDH

Shirley Gutkowski, RDH, BSDH, FACE, is an international speaker and award-winning writer. She travels to speak on minimal intervention dental hygiene. Her work is also in nursing journals. She is co-creator of Adopt A Nursing Home, a board member and fellow of ACE and a member of the World Congress of Minimally Invasive Dentistry. Gutkowski is also co-director of CareerFusion, a retreat for clinicians interested in evolving their clinical career. You may contact her at crosslinkperson@email.com.

GNYDM Booth No. 4225

Crest Oral-B Global Scientific Communications Manager Dr. Veronica Sanchez, left, and Dr. Jonathan Levine at the Procter & Gamble booth just minutes prior to Levine’s presentation on Oct. 18 at the ADA annual session in San Francisco. Photo/Robin Goodman, Dental Tribune

See PROBIOTIC, page D2
Prophy paste makes shining difference

Keystone Industries Gelato Prophylaxis Paste gently removes stains

Keystone Industries Gelato Prophylaxis Paste comes in three different grits (fine, medium and coarse) for various stain removal needs. And there are more than a few flavor choices, too, including: pina colada, orange sherbet, mint, cherry, bubble gum and raspberry.

Photo/Provided by Keystone Industries

When considering probiotics, be discerning. Study labels for the type of sweeteners added, form of bacteria used and if the tablets are swallowed or dissolved in the mouth.

References
1. Am J Clin Nutr 2000;71
3. www.oagencies.com/wp-probiotics


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Biocatalysts are page D1
cultivated from healthy people. No foods contain these strains. They do not come from the lower intestinal tract. The mission of these strains is to create an oral ecology that favors health. The bacteria in the ProBiora3 are Streptococcus oralis KJ3™, Streptococcus uberis KJ2™ and Streptococcus rattus KJ45™. The strep genuses are usually ini-
tiators of the biofilm. If the strep are mutans, or sobrinus, for instance, any amount of sugar will start the produc-
tion of acid and slime. By crowding out bacteria that don’t promote oral probiotics to support oral health.

Contraindications

Because probiotics are so well re-
ceived by the general public, it makes sense to start offering them from the office. Patients who are trying to manage their oral health and dietary stresses also contributing to oral changes, the time is right for biofilm management.

The streptococci below the gingival crest. The probiotic biofilm grows much slower above and to oral changes, the time is right for biofilm management.

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LET’S HEAR IT FOR HYGIENISTS!

For the past 100 years, each and every day, dental hygienists have touched the lives of their patients in some way. Crest and Oral-B know that there’s a hygienist behind each patient’s unique stories, memories and accomplishments.

This year, Crest and Oral-B want to thank all Pros in the Profession for everything they do to advance the oral health cause. We’ll be showing our gratitude throughout the year at dental conventions and on our Facebook page.

Visit our booth and follow us at Facebook.com/professionalcrestoralb to learn more and get involved in the celebration.

Thank you, hygienists!
Aribex®, worldwide leader in handheld X-ray technologies, will be celebrating the production of 10,000 NOMAD® Handheld X-ray devices at the Greater New York Dental Meeting, booth No. 3538.

In marking this milestone, Aribex will provide customers who purchase a NOMAD during the meeting 10,000 cents in the form of a fresh $100 bill. In addition, purchasers will be entered into a daily drawing for a no-charge Total Care Plan, a $495 value.

Unlike the conventional wall-mount and portable X-ray systems, NOMAD handheld devices from Aribex are lightweight, rechargeable (battery-powered), and can go anywhere. Dental professionals around the world have rapidly chosen the NOMAD as their preferred X-ray device, both in and out of the office.

“We’re proud that because the NOMAD has been so widely accepted in the market, we’ve been able to reach this 10,000-unit milestone,” said Ken Kaufman, president and CFO of Aribex. “We’ve worked hard to get to this point, and we can’t thank our customers enough for their continued patronage and support.”

Recently, Aribex donated the 10,000th NOMAD unit produced to the Christian Medical & Dental Associations (CMDA). Headquartered in Bristol, Tenn., CMDA centers much of its work on humanitarian outreach — the common denominator of both organizations.

“The NOMAD handheld X-ray was created in response to humanitarian needs,” Kaufman said. “We thought it appropriate to donate this historic unit to CMDA, an organization that does wonderful work among those who need the help so desperately.”

CMDA will use the NOMAD as a diagnostic tool by dentists and dental students as part of its Global Health Outreach program. CMDA schedules 45 trips to 25 countries each year. In addition, CMDA helps train dentists in emerging nations, lectures at international dental schools and is developing a ministry for disaster relief.

“We’re grateful for the capability the Aribex donation will provide CMDA,” said Dr. Peter E. Dawson, founder of The Dawson Academy, a renowned training center that has provided continuing dental education courses for more than 30 years. “CMDA will put this X-ray device to good use in dozens of humanitarian dental missions.”

Aribex will share the humanitarian outreach journey made by NOMAD 10,000 on its website, www.aribex.com, where visitors can follow the travels of the NOMAD and CMDA in their efforts to bring greater access to care to those who truly need it.

(Source: Aribex)