What is a probiotic?

**Dental practice is a likely distribution point for oral health product**

By Shirley Gutkowski, RDH, BS, DH

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.

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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 ProBiora3 and is found in EvoraPro. This is the only probiotic with original strains.

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.

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

By Robin Goodman, Dental Tribune

Procter & Gamble (P&G) had quite a bit of news to share with the media at the ADA 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 healthy we are in our mouths because 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 that 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. Indica-
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

Tell us what you think!

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Prophy paste makes shining difference

Keystone Industries Gelato Prophylaxis Paste gently removes stains

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Keystone Industries Gelato Prophy- laxis paste provides everything dental professionals and patients are looking for. With smooth, pliable and splatter-free application, the 1.23 percent fluo- ride ion Gelato Paste is perfect for high luster polishing and stain remover. However, it still remains gentle enough on the enamel with minimal enamel loss while leaving a clean and shiny smile.

Gelato Prophy Paste is highly regard- ed for its variety of flavor options that are enjoyed by patients. The paste has a creamy consistency that is easy to pick up with the prophy cup and smoothly spread on the teeth without splatter. The long library of flavors includes unique flavors such as pina colada and orange sherbet. The paste line also has mint, cherry, bubble gum and raspberry.

The paste comes in three different grits (fine, medium and coarse) for vari- ous stain removal needs. Typically, hy- genists use the fine grit for routine use and the medium grit gives a little more stain removal power. The coarse paste is required for removing moderate to heavy stains. According to the company, no matter the job, Gelato Prophy Paste provides precisely what dental professionals need.

Packaged in one-doze cups, the labels are easy to read and come in boxes of 100 individual disposable cups for con- venient use. The disposable cups also eliminate cross contamination and include a prophy ring for ease of appli- cation and removal power. The coarse patient’s options, the paste comes in 6-ounce and 12-ounce jars. Also, dye-free and x-

Probiotics are live bacteria, there is only one type of patient that will present to you who will not be a candidate for any probiotics: a patient who is immunocompromised, such as a person undergoing chemotherapy or presenting with HIV/AIDS.

There are other conditions that drive down the immune system, and pa- tients with such conditions also are not good candidates. Xylitol products are a better option for patients with compro- mised immune systems who need oral biofilm management.

When looking at labels of probiotic mints, learn to be discerning. What sweetener is used? What type of fla- voring agent is used? Where are the of- fered bacteria from? How is it admin- istered? Certainly, swallowing a tablet won’t do as much for the oral ecology as letting it dissolve in the mouth.

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.

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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!

100
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)