

Figure. Study flow

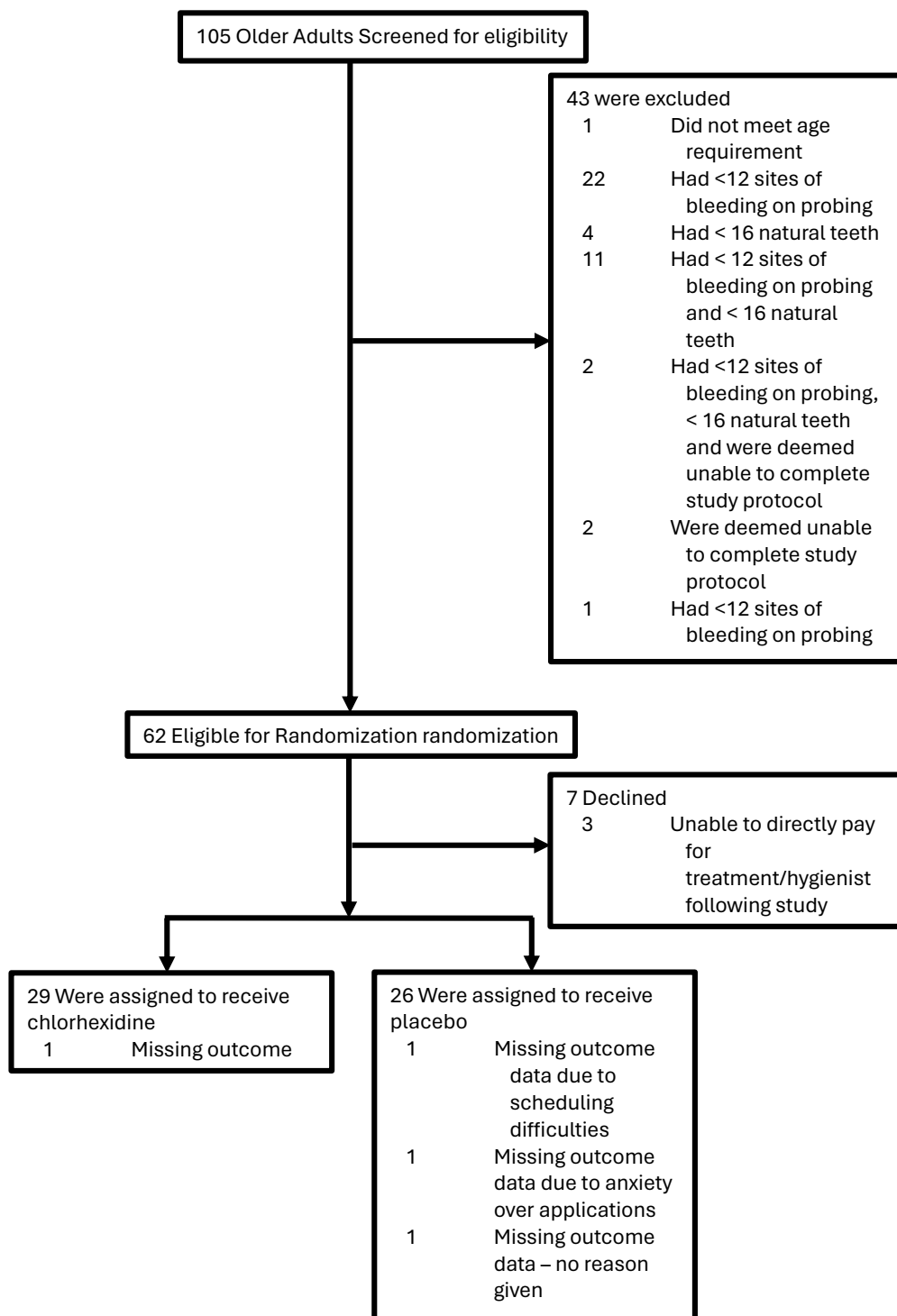


Table 2. Baseline demographics and clinical characteristics

Characteristic	Total sample (n = 55)	Placebo (n = 26)	Active (n = 29)	<i>p</i> value
Age, years				0.349 <sup>t</sup>
Mean (SD)	77.58 ± 7.46	76.58 ± 6.42	78.48 ± 8.29	
Min-Max	65 – 96	65 – 90	66 – 96	
Sex				0.721 <sup>c</sup>
Female	31 (56%)	14 (54%)	17 (59%)	
Male	24 (44%)	12 (46%)	12 (41%)	
Residing location				0.943 <sup>c</sup>
Independent living	39 (71%)	19 (73%)	20 (69%)	
Assisted living	7 (13%)	3 (12%)	4 (14%)	
Long-term care	9 (16%)	4 (15%)	5 (17%)	
Wheelchair	10 (18%)	4 (15%)	6 (21%)	0.733 <sup>f</sup>
Dresses self	45 (82%)	21 (81%)	24 (83%)	1.00 <sup>f</sup>
Exhausted	19 (35%)	8 (31%)	11 (38%)	0.577 <sup>c</sup>
Smoking				0.172 <sup>f</sup>
Current smoker	1 (2%)	0	1 (4%)	
Former smoker	22 (40%)	8 (31%)	14 (48%)	
Non-smoker	32 (58%)	18 (69%)	14 (48%)	
Drinking				0.580 <sup>c</sup>
Regular	16 (29%)	9 (35%)	7 (24%)	
Occasional	14 (26%)	7 (27%)	7 (24%)	
Never	25 (45%)	10 (38%)	15 (52%)	
# of teeth				0.127 <sup>t</sup>
Mean (SD)	24.98 ± 3.44	25.73 ± 3.13	24.31 ± 3.61	
Min-Max	17 – 32	18 – 32	17 – 32	
Median	25	26	25	
BOP sites (#)				0.926 <sup>m</sup>
Mean (SD)	36.42 ± 24.96	37.12 ± 28.06	35.79 ± 22.32	
Min-Max	14 – 125	14 – 125	15 – 94	
Median	26	26	27	
BOP sites (%)				0.768 <sup>m</sup>
Mean (SD)	24.41 ± 16.65	23.97 ± 17.45	24.80 ± 16.20	
Min-Max	9 – 83	9 – 83	9 – 78	
Median	19	19	19	

Note: Baseline descriptive values reported as Mean ± SD [range] or frequency (%).

*p* value for the between group comparison: <sup>t</sup>Independent samples *t* test; <sup>c</sup>Chi-squared test; <sup>f</sup>Fisher's exact test; <sup>m</sup>Mann-Whitney test