# Probiotics for gum health during treatment with braces

Submission date	Recruitment status	[X] Prospectively registered	
04/09/2018	No longer recruiting	[X] Protocol	
Registration date	Overall study status	Statistical analysis plan	
01/04/2019	Completed  Condition category	Results	
Last Edited		Individual participant data	
07/04/2020	Oral Health	☐ Record updated in last year	

#### Plain English summary of protocol

Background and study aims

The use of orthodontic appliances (braces) increases biofilm (bacteria) retention and may lead to periodontal (gum) deterioration. Probiotics have been suggested to be beneficial in preventing or treating gingival (gum) inflammation. The aim of this study is to assess the inflammatory changes in the periodontium (gums) of orthodontic patients taking probiotics compared to usual oral hygiene. Secondary aims include assessing plaque, side effects, patient-reported outcomes and salivary microbiome (bacteria).

Who can participate?
Orthodontic patients aged under 18

What does the study involve?

Participants are randomly allocated to one of two groups. Group 1 consume probiotic tablets together with regular oral hygiene, while individuals in Group 2 do not receive the probiotic supplements. Assessments take place at the start of the study and after 3 months, assessing plaque, gingivitis (gum inflammation), gingival bleeding, potential side effects and patient-reported outcomes. Saliva samples are collected for salivary microbiome tests.

What are the possible benefits and risks of participating? Not provided at time of registration

Where is the study run from?

Mohammed Bin Rashid University of Medicine and Health Sciences (United Arab Emirates)

When is the study starting and how long is it expected to run for? February 2018 to December 2020

Who is funding the study?

Mohammed Bin Rashid University of Medicine and Health Sciences (United Arab Emirates)

Who is the main contact? Dr Eleftherios Kaklamanos

# Contact information

# Type(s)

Scientific

#### Contact name

Dr Eleftherios Kaklamanos

#### **ORCID ID**

http://orcid.org/0000-0002-0513-5110

#### Contact details

Mohammed Bin Rashid University of Medicine and Health Sciences, Building 14, Dubai Healthcare City Dubai United Arab Emirates P.O Box 505055

# Additional identifiers

**EudraCT/CTIS** number

**IRAS** number

ClinicalTrials.gov number

# Secondary identifying numbers

MBRU-IRB-2018-015

# Study information

#### Scientific Title

A single-centre investigator-blinded randomized parallel-group study to investigate the effect of probiotic strains Streptococcus salivarius M18 and Lactobacillus acidophilus on gingival health of paediatric patients undergoing treatment with fixed orthodontic appliances

# Study objectives

Gingival bleeding on probing is less in orthodontic patients consuming probiotics in addition to regular oral hygiene, compared to patients practicing daily home oral hygiene alone.

# Ethics approval required

Old ethics approval format

# Ethics approval(s)

Mohammed Bin Rashid University of Medicine and Health Sciences Institutional Review Board Date of approval: 04 June 2018

Reference number: MBRU-IRB-2018-015

# Study design

Single-center single-blind (to clinical and laboratory examiner) parallel-group randomized controlled trial

#### Primary study design

Interventional

#### Secondary study design

Randomised parallel trial

#### Study setting(s)

Other

#### Study type(s)

Prevention

## Participant information sheet

#### Health condition(s) or problem(s) studied

Gingivitis, malocclusion treatment

#### **Interventions**

Subjects will be randomized into 2 groups with the aid of a computer program: Intervention group: Probiotic tablet + Usual home oral hygiene [according to manufacturer instructions, the participants will chew two tablets once daily for 3 months]

No Intervention group: Usual home oral hygiene

Data recordings of all patients will take place at baseline and 3 months [end of study] by previously calibrated examiner blinded for the group assignment, assessing plaque, gingivitis, gingival bleeding, potential adverse effects and patient-reported outcomes. Moreover, at baseline and 3-month examinations [end of study], whole saliva samples will be collected for salivary microbiome determination.

#### Intervention Type

Supplement

## Primary outcome measure

Gingival bleeding on probing: percentage of the buccal mesial, midline and distal sites from second premolar to second premolar which bleed upon probing, using the criteria for bleeding of the Gingival Index (Löe and Silness, 1963) at baseline and 3 months

#### Secondary outcome measures

Measured at baseline and 3 months:

- 1. Gingival Index assessed on the buccal surfaces from second premolar to second premolar (Löe and Silness, 1963)
- 2. Plaque Index modified (Clerehugh et al., 1998)
- 3. Potential adverse effects: inspection of the hard and soft oral cavity tissues and self-reported
- 4. Patient-reported outcomes (adapted from Herrera et al., 2017)

# Overall study start date

01/02/2018

#### Completion date

31/12/2020

# Eligibility

#### Key inclusion criteria

- 1. Healthy individuals, aged under 18 years, planned for simultaneous full arch upper and lower fixed labial orthodontic appliance therapy from second premolar to second premolar
- 2. In good general health
- 3. Have a dental history that includes brushing at least once a day
- 4. Willing and able to comply with the trial regime
- 5. Normal anatomical periodontal attachment
- 6. Gingival bleeding on probing on at least 30% of the buccal mesial, midline and distal sites of the teeth examined using the criteria for bleeding of the Gingival Index (Löe and Silness, 1963).

#### Participant type(s)

Patient

#### Age group

Child

#### Upper age limit

18 Years

#### Sex

Both

# Target number of participants

50 (allowing for dropouts)

#### Key exclusion criteria

- 1. Inability to make informed consent
- 2. Allergies, sensitivities or food intolerance
- 3. Presence of any congenital syndromes of the head and neck
- 4. Medical contraindications such as heart condition, immucompromised state or diseases necessitating antibiotic cover prior to procedures, use of immunosuppressants,
- 5. History of surgery within the past year or planned within the next 90 days
- 6. Severe nausea, fever, vomiting, bloody diarrhea or severe abdominal pain within the past one month
- 7. Presence of special physical or mental needs that would compromise manual dexterity
- 8. Chronic use of medications of any kind, probiotics or food supplements of any kind
- 9. Use of antibiotics, anti-inflammatory, steroids or hormones within one month from the start of the study.
- 10. Oral prophylaxis within one month from the start of the study.
- 11. Use of antibacterial mouthrinses or toothpastes with supplementary antibacterial agents.
- 12. Poor compliance with oral hygiene regimens
- 13. Poor periodontal health such as presence of supragingival calculus, subgingival calculus or periodontal pocketing

- 14. Extensive dental restorations or uncontrolled caries activity
- 15. Pregnancy, smokers
- 16. Planned use of premolar bands

#### Date of first enrolment

15/09/2019

#### Date of final enrolment

30/03/2020

# Locations

#### Countries of recruitment

United Arab Emirates

#### Study participating centre

Mohammed Bin Rashid University of Medicine and Health Sciences

Building 14, Dubai Healthcare City PO Box 505055 Dubai United Arab Emirates PO Box 505055

# Sponsor information

#### Organisation

Hamdan Bin Mohammed College of Dental Medicine, Mohammed Bin Rashid University of Medicine and Health Sciences

#### Sponsor details

Building 34, Dubai Healthcare City Dubai United Arab Emirates PO Box 505055

#### Sponsor type

University/education

#### Website

https://www.mbruniversity.ac.ae

#### **ROR**

https://ror.org/05g48k331

# Funder(s)

#### Funder type

University/education

#### **Funder Name**

Hamdan Bin Mohammed College of Dental Medicine, Mohammed Bin Rashid University of Medicine and Health Sciences

# **Results and Publications**

#### Publication and dissemination plan

Additional study documents will be available upon request. Presentations in congresses and publication in peer-reviewed articles.

# Intention to publish date

31/07/2021

#### Individual participant data (IPD) sharing plan

The data sharing plans for the current study are unknown and will be made available at a later date.

# IPD sharing plan summary

Data sharing statement to be made available at a later date

# **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article	protocol	08/09/2019	01/11/2019	Yes	No