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L. reuteri Prodentis shown to reduce Candida in the elderly

At the Orchard Chiropractic Centre, Jersey we pride ourselves on treating everyone at any stage of life. One of the major causes of deteriorating health as we age is poor absorption of vitamins and minerals due in part to an imbalance of gut flora. One indicator of such an imbalance is an over abundance of oral candida or oral thrush. Oral thrush is estimated to affect approximately 50% of the World's population, especially the elderly as they are treated with broad spectrum antibiotics that cause an imbalance of the microbiota.

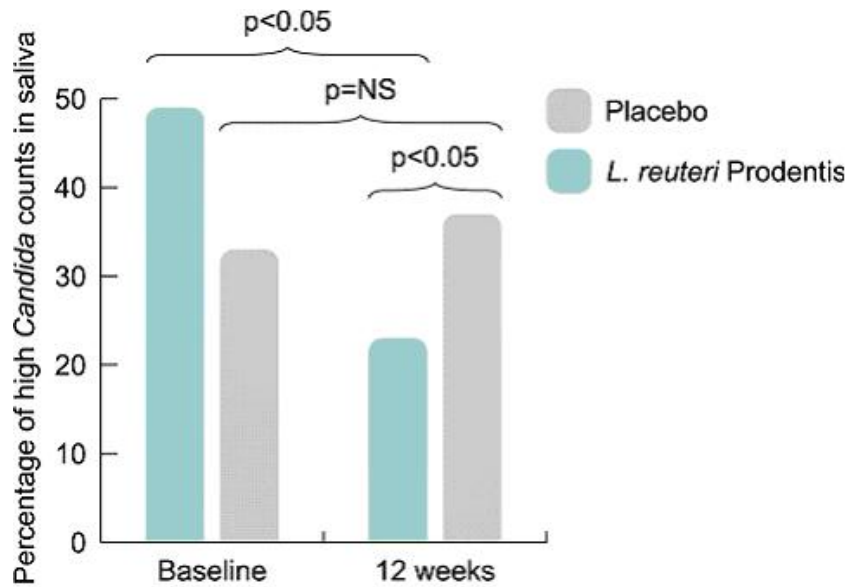
This was a double-blind, randomised, placebo-controlled trial in 215 elderly persons (mean age 88 years) living in 20 nursery homes in southern Sweden.

The study objective was to investigate the effect of a daily intake of the probiotic *L. reuteri Prodentis* (*L. reuteri* DSM 17938 and *L. reuteri* ATCC PTA 5289) on the prevalence and counts of oral Candida in frail elderly patients living in nursing homes.

Patients were given two lozenges per day of either *Lactobacillus reuteri Prodentis* (n=95) or placebo (n=103) for 12 weeks.

Primary outcome was measured as prevalence and amount of Candida growth. Secondary outcomes was measured as levels of dental plaque and gingival inflammation.

There was a statistically significant reduction of 53% in the prevalence of high Candida counts in saliva in the *L. reuteri Prodentis* group but not in the placebo group, and the difference was statistically significant in both saliva and plaque ($P < 0.05$).



Conclusions

Daily use of *L. reuteri* Prodentis lozenges may reduce the prevalence of high oral Candida counts in frail elderly nursing home residents. This indicates that probiotic lozenges may be beneficial for patients at risk for oral candidosis.

Reference

E. Kraft-Bodi, M.R. Jørgensen, M.K. Keller, C. Kragelund, S. Twetman. Effect of Probiotic Bacteria on Oral Candida in Frail Elderly. Journal of Dental Research. Published online before print July 22, 2015, doi: 10.1177/0022034515595950