

# STÖHN

Generating Evidence  
That Matters in  
Dentistry

*The STOHN is dedicated  
to improving quality  
care by conducting oral  
health studies on topics  
of interest and  
importance to you and  
your practice.*

If you are interested in joining STOHN  
or have a research idea, please contact  
us at [STOHN@uthscsa.edu](mailto:STOHN@uthscsa.edu)

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UT Health

San Antonio

South Texas Oral  
Health Network

# STÖHN

# PROBIOTICS FOR ORAL HEALTH

South Texas Oral Health Network  
(STOHN)





## WHAT ARE PROBIOTICS?

Probiotics are **beneficial** bacteria that can provide balance in the oral environment of your mouth to promote gingival health.

Probiotics are found in yogurts, special ice creams and milk. They are also packaged in lozenges, gums and mouthrinses.

## WHAT DO PROBIOTICS DO?

Research shows that probiotics, when taken consistently, "outgrow and crowd out" harmful bacteria that cause inflammation. They can help slow down gum disease, cavities in children and reduce tooth loss,



"Bad" bacteria feed off of sugars and starches that we eat. They live under the gums and in some people cause a great deal of inflammation called gum disease and even periodontal disease.



Products that contain probiotics can be used, along with good oral hygiene, to help to restore balance to your mouth and fight inflammation.



Probiotics are most effective when used right after your dental hygiene visit and each day after your brush in the morning and at night.



It is important to maintain a good oral hygiene, have regular dental hygiene appointments to maintain or improve your oral health.

## MORE INFORMATION

### WHERE CAN I FIND PROBIOTICS?

Many probiotics for your oral health can be found online! Others may be sold in your local health food store. If you're not sure what to use, please consult with your dental provider.

### ARE THEY SAFE?

Yes! They are considered safe and can be taken orally by children 3 years and up as well as adults. However, it is not recommended for infants or adults with immuno-compromised health.

### HOW DO I USE THEM?

Probiotics come in many different forms

You can find them as:  
Lozenges (like cough drops)  
Chewing gum  
Milk  
Yogurt  
Ice cream

### PROBIOTICS

