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Probiotics – a novel approach for the control of periodontal disease?

Probiotics are health beneficial bacteria used mainly in support therapy for gastro-intestinal diseases. More recently, these bacteria have been successfully investigated in the oral health perspective with promising results in caries and oral yeast infections. In addition to local effects on resident micro-organisms probiotics also exert immunomodulatory effects and hence may positively affect periodontal tissue. Studies are sparse, however, in the probiotics-periodontal disease entity although some probiotic strains clearly inhibit periodontal pathogens such as *Porphyromonas gingivalis*. For review, see Stamatova & Meurman *Periodontol* 2000, 2009;51: 141-151.