

## Oral Probiotics: An Old Remedy

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The World Health Organization's Food and Agriculture Organization (FAO) 2001 defined probiotics as "live micro-organisms which, when administered in adequate amounts, confer a health benefit on the host". They administered for therapeutic, prophylactic and nutritional purposes. Furthermore, they are devoid of side effects and do not cause accumulation of toxic substances in the body. Recently, probiotic bacteria reported to play a significant role in the modulation of immunological, respiratory, and gastrointestinal functions. The most common bacterial strains belong to groups called Lactobacillus and Bifid bacterium. Probiotics work by replacing existing disease-causing bacteria with harmless bacteria, and these bacteria are nonpathogenic. Probiotics notably known for digestive health as most studies concentrate on the bacterial ecology of the gut and gut immune systems. The new revolution is oral probiotics that aid in managing oral biofilm. A recent systematic review showed that probiotics have demonstrated reduction of mutansstreptococci counts in saliva and/or plaque in the short term. Also, reduction in the caries risk and periodontitis by milk containing *L. rhamnosus* GG. The probiotic bacteria interfere with cariogenic bacteria by inhibition of acidic conditions. Moreover, probiotics have an effect on halitosis parameters. In conclusion, because probiotics so well received by the public, it makes sense to start offering them from the office. Selecting a person who is trying everything to manage their oral health and not succeeding is the best candidate to start with.

### Biography:

Alfulwah Alotaibi is a dental intern who has graduated with honors degree from college of dentistry, King Saud University, Saudi Arabia in 2017. She is interested in health related issues especially oral supplements and probiotics, as well as, in esthetic smile, volunteerism, and inventions. Her hobbies are reading and horse riding.