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Acknowledging bio-individuality as a clinician to remedy chronic malodor by systematically recommending bacteria altering homecare systems and products

This study examined the causes of oral malodor and means to eliminate it. Research was conducted in a home setting using three family members suffering from chronic halitosis as test subjects. Qualitative and quantitative data was collected over a three week period using the organoleptic method, a self-assessment and daily survey. Considering microbial colonization as the primary source of halitosis, test subjects were systematically introduced to bacteria altering and eliminating products and evaluated daily. Through motivational interviewing, each test subject's motivation for participating was determine as well as any objections to products and treatment recommendations. Although testing started with individualized solutions, two of the three test subjects were ultimately introduced to Plaque HD's oral probiotic containing xylitol and *Streptococcus salivarius* K12, 1 billion colony forming unit (CFU). The third test subject declined all recommendations except bacteria reduction by using Plaque HD's disclosing toothpaste and CloSys' chlorine dioxide mouth rinse. With daily use of the probiotic, test subjects #1 and #2 experienced elimination in malodor after six to ten days while test subject #3 utilizing improved brushing and rinsing only reduced malodor. The results of this action research proved a significant correlation between the daily use of an oral probiotic and the control of odor producing anaerobic bacteria which resulted in the elimination of malodor.

Biography

Susan Jeffries began her career in the dental field in 1983 when she joined the United States Navy as a Dental Technician. During her 20 years of naval career, she assisted in all phases of dentistry, managed several Naval Dental Centers, and completed her dental hygiene degree. Upon retiring, Sue began practicing dental hygiene full-time and continues to practice today in the Wilmington, North Carolina area. She recently completed a Bachelor's Degree in Oral Health Promotion from O'Hehir University where she learned about and conducted her chronic halitosis action research. She is a member of the American Dental Hygienist Association and Vice President of her local Cape Fear Dental Hygiene Component.

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