

Chew on this!

The role of sugar-free gum in caries prevention regimes



Please join **Dr Mike Dodds** for an update on the latest systematic research into the benefits of chewing sugar-free gum



Dental caries is a complex disease that affects a huge number of people. It can have an enormous impact both individually and at a community level. Oral health, including the development or prevention of dental caries is critically dependent on behaviour.

A recent systematic review* conducted by King's College London found evidence that chewing sugar-free gum could help reduce the further development of dental caries.¹ The results reinforce the positive impact chewing sugar-free gum can have as part of a daily oral care routine. A second systematic review explored another aspect of how chewing sugarfree gum can help reduce caries, showing that chewing sugarfree reduces the load of *Streptococcus mutans* in the oral cavity in comparison to non-chewing controls.²

Please refer to the program schedule to join us for a lecture and live Q&A with Senior Principal and Lead Oral Health Scientist for the Wrigley Oral Healthcare Program, Dr Mike Dodds to hear more about the outcomes of the systematic reviews and what it means for modern dentistry practice.

Specifically, he will cover:

- The minimum intervention approach towards delivering better oral health
- The effects of sugar-free gum on oral tissues and their effectiveness in different populations
- The implementation of sugar-free gum in minimum intervention preventive regimes to help combat oral diseases/conditions
- The impact sugar-free gum has on salivary stimulation and how this contributes to oral health benefits
- A range of published studies that have explored the impact of sugar-free gum on oral health

About Dr Mike Dodds

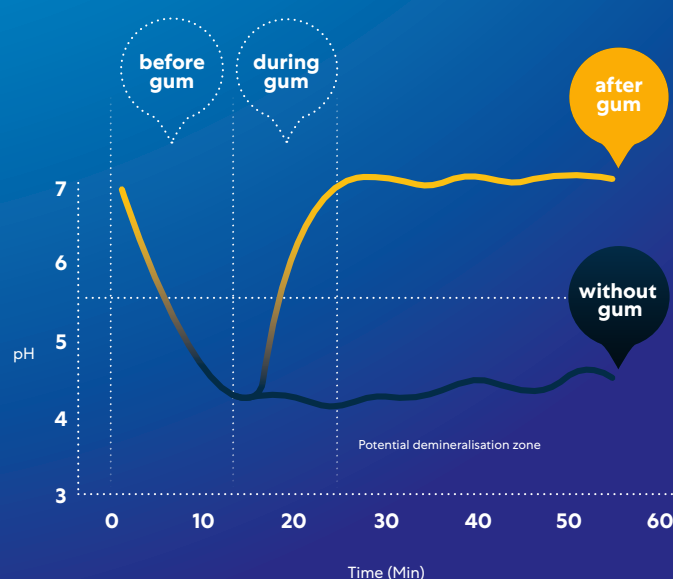
Dr Mike Dodds is senior principal and lead oral health scientist with Mars Wrigley and the Wrigley Oral Healthcare Program, and was previously a professor of Preventive and Community Dentistry. He is also adjunct associate professor of pediatric dentistry at the University of Illinois at Chicago College of Dentistry. He holds a dental degree from the University of Edinburgh and a PhD in Dental Science from the University of Liverpool.

About the EXTRA® Oral Healthcare Program

The Australian arm of the Wrigley Oral Healthcare Program, The EXTRA® Oral Healthcare Program (EOHP®), partners with dental professionals across Australia, helping them improve their patients' oral health by adding one additional step to their daily routine: chewing sugar-free gum after eating, drinking and when on the go. The program is run under the stewardship of sugar-free gum brand EXTRA®. Based on decades of research, today regulatory bodies, including the FDI World Dental Federation, the Australian Dental Association and around 20 national dental associations worldwide, recognise the oral care benefits of chewing sugar-free gum.

Benefits of Chewing Sugar-free Gum:

'The Stephan Curve'



References

1. Newton, J.T., Banerjee, A. et al. A systematic review and meta-analysis of the role of sugar-free chewing gum in dental caries. *Journal of Dental Research - Clinical & Translational Research*. Published November 2019

2. Nasserjpour M, Newton JT, Warburton F, Awojobi O, Di Giorgio S, Gallagher JE, Banerjee A. A systematic review and meta-analysis of the role of sugar-free chewing gum on *Streptococcus mutans*. *BMC Oral Health*

*About the King's College London study In 2019, a research team from the Faculty of Dentistry, Oral & Craniofacial Sciences at King's College London, conducted a systematic review to examine the difference in levels of dental caries in both adults and children who chew sugar-free gum compared with those who do not chew sugar-free gum or use alternatives such as lozenges, candies, rinses, tablets and non-chewing controls. The data found evidence that chewing sugar-free gum could help to reduce the further development of dental caries in adults and children, comparing favorably to other preventive interventions such as oral health education and supervised tooth brushing alone. Examining over 360 studies (of which 222 were assessed and 12 included for the meta-analysis), the King's research is the most robust systematic review conducted to date into the effectiveness of sugar-free gum in oral health.¹⁷