

The effect of rinsing or drinking water on Morning Bad Breath

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The purpose of the study is to assess the effect of a rinsing or drinking water on the MBB in periodontally and systemically healthy subjects.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Observational non invasive

Summary

ID

NL-OMON35237

Source

ToetsingOnline

Brief title

The effect of rinsing or drinking water on Morning Bad Breath

Condition

- Other condition

Synonym

Morning Bad Breath (MBB)

Health condition

Morning Bad Breath (MBB)

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit van Amsterdam

Source(s) of monetary or material Support: Nederlandse Vereniging voor

Intervention

Keyword: Drinking water, Morning Bad Breath, Rinsing water

Outcome measures

Primary outcome

Primary outcome variable is the MBB, measured by three devices.

- Oral Chroma©
- Halimeter®
- Organoleptische score: 0-5 scale (Rosenberg et al. 1991a, Rosenberg et al. 1991b further modified by Greenman et al. 2004)

Secondary outcome

Secondary outcome variable is:

- Tongue coating (Mantilla et al.)
- Questionnaire about their experience of their MBB and used their regime

Study description

Background summary

Halitosis is a general term used to describe an unpleasant or offensive odor emanating from the oral cavity. Several (non-oral) pathological conditions have been related to oral malodor, including infection of the upper and lower respiratory tracts, the gastrointestinal tract, and some metabolic diseases involving the kidneys or the liver (Manolis 1983). However, clinical surveys have shown that around 90% of all bad breath odors originate in the mouth (Delanghe et al. 1997).

To reduce the Morning Bad Breath (MBB) several websites suggest that rinsing or drinking water upon awakening is effective. Since MBB can be caused by a dry mouth. Water drinking help to stimulate the saliva production and saturate the whole mouth. Rinsing seems like the obvious first-aid measure to take (consumer

websites). This home-remedy is however not supported with scientific evidence

Study objective

The purpose of the study is to assess the effect of a rinsing or drinking water on the MBB in periodontally and systemically healthy subjects.

Study design

Prospective single examiner- blind randomized two-arm parallel design

Intervention

Drinking water 200 milliliter

Study burden and risks

There is no risk

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

- * * 18 years, *Systemic healthy, assessed by medical questionnaires * Non smokers
- * No orthodontic appliances * No removable (partial) dentures * Minimum 20 teeth * No caries
- * Willing and able to give a written informed consent * Willing to adapted the style rule for 48 hours

Exclusion criteria

- * Any pathological alterations of the oral mucosa/ pregnancy * Participation in a clinical study within the previous 30 days * Acute sinusitis or severe oral- pharyngeal infections * On medications which can cause malodor * Reduced salivary flow due to pathological reasons (e.g. Sjögren syndrome) * Subjects unwilling to abstain from additional oral hygiene (only tooth brushing allowed) particularly mouthrinse, chewing gums, flossing, peppermint containing product etc. and alcohol 12 hours prior the first measurement at the study site and until the completion of all measurements

Study design

Design

Study phase:	4
Study type:	Observational non invasive
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Other

Recruitment

NL
Recruitment status: Recruitment stopped
Start date (anticipated): 22-11-2011
Enrollment: 60
Type: Actual

Ethics review

Approved WMO
Date: 18-11-2011
Application type: First submission
Review commission: METC Amsterdam UMC

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

ID: 28921
Source: NTR
Title:

In other registers

Register	ID
CCMO	NL38260.018.11
OMON	NL-OMON28921