# The effect of rinsing or drinking water on Morning Bad Breath (MBB).

Gepubliceerd: 17-01-2012 Laatst bijgewerkt: 15-05-2024

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.

| | |
|---|---|
| **Ethische beoordeling** | Positief advies |
| **Status** | Werving gestart |
| **Type aandoening** | - |
| **Onderzoekstype** | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON28921

**Bron**
NTR

**Verkorte titel**
Waterslot

**Aandoening**

Morning Bad Breath, drinking water and rinsing with water

### Ondersteuning

**Primaire sponsor:** Acedemic Center Dentistry Amsterdam (ACTA)
**Overige ondersteuning:** Self funded

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

**Primaire uitkomstmaten**

The primary outcome is Moring Bad Breath (MBB) and will be measured by three different methods:<br>
1. Organoleptic score:<br>

The judge is using an arbitrary 0-5 scale (Rosenberg et al. 1991a, Rosenberg et al. 1991b further modiefied by Greenman et al. 2004). The 0 represented absence of odour, 1 was given for barely noticeable odour, 2 for slight odour, 3 for moderate odour, 4 for strong odour and 5 for extremely strong odour;<br>
2. Halimeter:<br>
We are using a portable industrial sulphide monitor (Halimeters, Interscan Corp., Chatsworth, CA, USA). The unit is zeroed to ambient air before each measurement, using the technique established by Rosenberg et al. (1991a, b);<br>
3. OralChroma assessments:<br>
A portable gas chromatography (OralChroma®) using a flame photometric detector is the preferable method if precise measurements of specific gases are required. This technology is specifically designed to digitally measure molecular levels of the three major VSC (H2S, CH3SH, and dimethyl sulfide CH3SCH3).
<br><br>
In total there will be three different measurments to express the level of MBB.

# Toelichting onderzoek

### Achtergrond van het onderzoek

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.

### Doel van het onderzoek

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.

### Onderzoeksopzet

Single visit with pre and post measurments.

### Onderzoeksproduct en/of interventie

The study is designed as a single - blind (examiner) randomized two-arm parallel clinical trial. Pre- and post mesaurments will be carried out:

1. The control group will rinse with 15 milliliter water for 30 seconds;

2. The intervention group will drink 200 milliliter water.

# Contactpersonen

## Publiek

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## Wetenschappelijk

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# Deelname eisen

## Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. > 18 years;

2. Systemic healthy, assessed by medical questionnaires;

3. Non smokers;

4. No orthodontic appliances;

5. No removable (partial) dentures;

6. Minimum 20 teeth;

7. No caries;

8. Willing and able to give a written informed consent;

9. Willing to adapted the style rule for 48 hours.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Any pathological alterations of the oral mucosa/ pregnancy;

2. Participation in a clinical study within the previous 30 days;

3. Acute sinusitis or severe oral- pharyngeal infections;

4. On medications which can cause malodor;

5. Reduced salivary flow due to pathological reasons (e.g. Sjögren syndrome);

6. 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.

## Onderzoeksopzet

### Opzet

| | |
|---|---|
| Type: | Interventie onderzoek |
| Onderzoeksmodel: | Parallel |
| Toewijzing: | Gerandomiseerd |
| Blindering: | Enkelblind |
| Controle: | Placebo |

### Deelname

Nederland

| | |
|---|---|
| Status: | Werving gestart |
| (Verwachte) startdatum: | 29-11-2011 |

| | |
|---|---|
| Aantal proefpersonen: | 60 |
| Type: | Verwachte startdatum |

# Ethische beoordeling

Positief advies

| | |
|---|---|
| Datum: | 17-01-2012 |
| Soort: | Eerste indiening |

# Registraties

## Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 35237
Bron: ToetsingOnline
Titel:

## Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

## In overige registers

| Register | ID |
|---|---|
| NTR-new | NL3101 |
| NTR-old | NTR3241 |
| CCMO | NL38260.018.11 |
| ISRCTN | ISRCTN wordt niet meer aangevraagd. |
| OMON | NL-OMON35237 |

# Resultaten

**Samenvatting resultaten**
N/A