

# Young people need to brush interdentally too



**Dental Professional,**  
instruct your patients!

**“Dental professionals should instruct young patients to brush interdentally daily,” says Prof. Denis Bourgeois. “This is important in order to avoid periodontal and systemic disease later in life.” Prof. Bourgeois was part of a team of researchers who evaluated the effect of daily interdental brushing in healthy young adults. The results of the study showed that even the biofilm of healthy young adults contains pathogens responsible for periodontal disease. Luckily, daily use of interdental brushes can reduce the number of disease-causing! bacteria and restore a healthy balance in the mouth.**

For the study, which was conducted at the Université de Lyon in France, 19 different periodontal bacteria—including *Porphyromonas gingivalis*, *Treponema denticola* and *Tannerella forsythia*—were identified in the interdental biofilm of 25 participants. All the participants were between the ages of 18 and 35 and had no clinical signs of gingivitis. The French researchers then aimed at evaluating how efficient daily calibrated interdental brushing was in reducing the number of periodontal pathogens in the young participants' mouths. Over the course of three months, the number of bacteria associated with periodontal disease decreased drastically, allowing a reversion to a healthy symbiosis of the interdental microbiota. The percentage of the test sites bleeding on interdental brushing was reduced from 68% to 10%, a reduction of 85%.

**“Interdental brushing should be a daily habit also for young people”**

### **The interdental space: Crucial but overlooked**

“The explanation for the large number of pathogens in the interdental spaces of seemingly healthy young people is that the interdental space is an ecological niche where traditional brushing methods fail to disrupt biofilm,” explains Prof. Bourgeois, co-author of the study. A pioneer of oral prophylaxis, Prof. Bourgeois has conducted invaluable research on interdental biofilm management and interdental brushing techniques, both of which are yet to become commonplace. “Using a normal toothbrush should be inseparably linked to using calibrated interdental brushes. The daily disruption of the interdental microbiota is crucial in order to re-establish and maintain symbiosis of the oral microbiome,” he says.

“Interdental brushing should be universal,” Prof. Bourgeois continues. “It does not only apply to adults with a history of periodontal or peri-implant disease. Interdental brushing should be a daily habit also for young people. The argument that it is not possible to penetrate narrow, healthy interdental spaces is no longer valid. The newest generation of interdental brushes are small enough to access 99% of the interdental spaces of healthy young adults.”

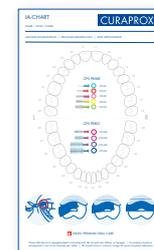
**The finest Curaprox interdental brushes are able to access 99% of the interdental spaces of healthy young adults.** (Image: Curaden)



### **Calibration is key**

Interdental brushes are the most efficient when the bristles fill out the interdental space completely. For this reason, it is necessary for dental professionals to calibrate their patients' interdental spaces. “Calibration means determining the correct diameter of interdental brush so that it will come

into contact with all of the tissue surfaces of the interdental space where the microbiota are located,” explains Prof.



Bourgeois. “For our study, we used Curaprox's interdental access probe to determine the necessary diameter. The probe is fundamental, compulsory. It is like a tuning fork for interdental prophylaxis.”

### **The role of dental professionals**

Dental professionals should provide patients with the knowledge, tools and techniques they need in order to disrupt their interdental microbiomes on a daily basis. “Dental universities need to teach individual prophylaxis to students,” says Prof. Bourgeois. “Dental professionals should practise what they preach and, in turn, teach patients. Learning about the right brushing techniques and tools is a job for dental professionals. Then, it is their responsibility to pass this knowledge on to their patients and guarantee them an optimal quality of life.”

Prof. Bourgeois concludes: “If every dental professional were to instruct patients about interdental brushing from adolescence, we would be able to prevent dental and periodontal complications caused by microbiota in adulthood. The positive impact this would have on patients' systemic health and well-being would be an added bonus.”

### **For more information**

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**The study can be accessed at <https://bit.ly/3dtCw31> or scan the QR code:**

