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Abstract

[TORRES, Sandra Regina](#) et al. A prospective randomized trial to reduce oral *Candida* spp. colonization in patients with hyposalivation. *Braz. oral res.* [online]. 2007, vol.21, n.2, pp. 182-187. ISSN 1806-8324. doi: 10.1590/S1806-83242007000200015.

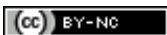
Low salivary flow rates are associated with higher oral *Candida* spp. counts, which may predispose to oral candidiasis. The aim of this study was to compare the effect of stimulating salivary flow rates with that of a regimen of chlorhexidine mouth rinse on the intensity of *Candida* colonization in patients with reduced salivary flow rates. Thirty-one outpatients were randomized to stimulate salivary output (group 1) or to receive chlorhexidine mouth rinses (group 2). Evaluations were performed at baseline (T_0), at end of treatment (T_1), and 15 days after last day of treatment (T_2). Chewing-stimulated whole saliva samples were collected at each visit. Group 1 showed a constant reduction in median cfu counts, although the difference was significant only between T_0 and T_2 ($p = 0.004$). Group 2 showed a reduction in median *Candida* cfu counts between T_0 and T_1 ($p = 0.01$), but the counts increased at T_2 ($p = 0.01$), and the difference between T_0 and T_2 was not significant ($p = 0.8$). In conclusion, patients who received salivary stimulation showed reductions of *Candida* cfu counts in saliva and a trend for increasing salivary flow rates between baseline and end of study evaluations. The use of chlorhexidine mouth rinses dramatically reduced *Candida* cfu counts, but when patients discontinued treatment, intensity of colonization rose again.

Keywords : Saliva; *Candida*; Xerostomia; Homeostasis; Colony count, microbial.

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