

**NEW CONSIDERATIONS FOR THE TREATMENT OF GLIOBLASTOMA MULTIFORME:**  
*Evaluating the Potential for Immune Checkpoint Inhibitors*

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# Randomized trial of Plaque identifying Toothpaste: Dental Plaque and Inflammation

Kim Fasula, RDH, MS, MPH, Carla A. Evans, DDS, DMSc, Linda Boyd, RDH, RD, EdD, Lori Giblin, RDH, MS, Benjamin Z. Belavsky, DDS, MS, Scott Hetzel, MS, Patrick McBride, MD, MPH, David L. DeMets, PhD, Charles H. Hennekens, MD, DrPH

Role of Niacin in current clinical practice: A systematic review Garg, Aakash et al.

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## Abstract

### Background

Randomized data are sparse about whether a plaque identifying toothpaste reduces dental plaque and nonexistent for inflammation. Inflammation is intimately involved in the pathogenesis of atherosclerosis and is accurately measured by high sensitivity C-reactive protein (hs-CRP), a sensitive marker for cardiovascular disease. The hypotheses that Plaque HD™ (TJA Health LLC, Joliet IL), a plaque identifying toothpaste, produces statistically significant reductions in dental plaque and hs-CRP were tested in this randomized trial.

### Methods

Sixty-one apparently healthy subjects aged 19 to 44 years were assigned at random to this plaque identifying (n=31) or placebo toothpaste (n=30) for 60 days. Changes from baseline to follow up in dental plaque and hs-CRP were assessed.

### Results

In an intention to treat analysis, the plaque identifying toothpaste reduced mean plaque score by 49% compared to a 24% reduction in placebo (p=0.001). In a pre-specified subgroup analysis of 38 subjects with baseline levels > 0.5 milligrams per liter, the plaque identifying toothpaste reduced hs-CRP by 29% compared to a 25% increase in placebo toothpaste (p=0.041).

### Conclusion

This plaque identifying toothpaste produced statistically significant reductions in dental plaque and hs-CRP. The observed reduction in dental plaque confirms and extends a previous observation. The observed reduction in inflammation supports the hypothesis of a reduction in risks of cardiovascular disease. The direct test of this hypothesis requires a large scale randomized trial of sufficient size and duration designed a priori to do so. Such a finding would have major clinical and public health implications.

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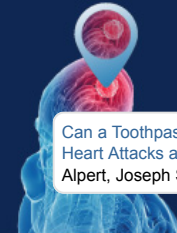
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Mr. Hetzel reported owning publically traded shares of Cardiovascular Systems Inc., a cardiovascular instrument development business for commercializing innovative solutions for treating peripheral and coronary vascular disease. The total value current value is < \$5,000.

Professor DeMets reported that he is a consultant to the National Institutes of Health, the Food and Drug Administration and the pharmaceutical and medical device industry on the design, monitoring and analysis of clinical trials. He receives compensation for serving on several industry sponsored data and safety monitoring committees including Astra Zeneca, Amgen, Bristol Myers Squibb, Sanofi, Boehringer Ingelheim, Teva & Abbvie. He holds no stock in any pharmaceutical or

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All authors had access to the data and a role in writing the manuscript.

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