

Angela Knafo

Section: D200

Prof. Susan Davide

Is Curcumin an Alternative to Chlorhexidine in Periodontal Therapy?

(GNYDM)

I am always eager to read about more natural alternatives that are being used in all medical, industrial and environmental fields. This specific poster caught my attention, because it talks about how Dentistry can improve by always looking for a better alternative, one that has less side effects, natural and therefore causes less harm to the patients. Curcumin is bright yellow spice obtained from the rhizome of *Curcuma longa* Linn plant. Curcumin is also known as Turmeric and that it is a very well known spice that makes food more savory and delicious, but the fact that it can be used to treat gingivitis and periodontal diseases really caught my interest and it didn't disappoint. The visual presentation of the poster was nicely done. Every information in the poster was well written, titled and categorized so that you can know what you are reading. The amount of information was perfect so it didn't overwhelm the reader. The student used graphs as visuals to show the difference between Curcumin and Chlorhexidine, which furthermore proved her point. In my opinion some actual pictures of teeth/patients who have undergone the trials would've been a plus and really show the side effects of Chlorhexidine and the benefit that Curcumin bring to the patients.

The student was very knowledgeable of the material and answered all the questions the group of people asked, including myself. Even though the student had a very strong accent, and was clear that English is his second language, he had very good communication skills both verbal and non-verbal. He was very attentive by listening very carefully to what people had to say about the topic and had a very rich and knowledgeable vocabulary. He maintained eye contact with every person he was talking to and was very professional and respectful. You could see that he was very passionate about his topic.

The topic of the poster presentation relates to dental hygiene because it brought up a new alternative for Periodontal therapy that doesn't stain the teeth, it is a plant-based ingredient and therefore natural which results in no harm to patients. In the presentation it states that after some research and trials on patients with gingivitis and periodontal disease, the patients treated with Chlorhexidine developed a brown discoloration/staining of the teeth and even oral mucosa erosion. The patients treated with Curcumin were presented with no staining/discoloration or oral mucosa erosion. In both cases the research demonstrated a significant reduction in GI and PI scores.

When I asked the student if Curcumin/Turmeric is currently being used in clinics as of right now, he said that based on the research that he has done there are still clinical trials going on but it looks like a very promising alternative.

Resources:

1. Chatterjee, A., Debnath, K., & Rao, N. K. H. (2017). A comparative evaluation of the efficacy of curcumin and chlorhexidine mouthrinses on clinical inflammatory parameters of gingivitis: A double-blinded randomized controlled clinical study. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5771110/>.
2. Singh, V., Pathak, A. K., Pal, M., Sareen, S., & Goel, K. (2015). Comparative evaluation of topical application of turmeric gel and 0.2% chlorhexidine gluconate gel in the prevention of gingivitis. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4668736/>.
3. Stoyell, K. A., Mappus, J. L., & Gandhi, M. A. (2016, November). Clinical efficacy of turmeric use in gingivitis: A comprehensive review. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/27863601>.

The Greater New York Dental Meeting was a great opportunity for me to receive some information as to where Dentistry stands right now as far as new technology goes and also better alternatives for the future. It also gave me an opportunity to get in touch with vendors that I can buy my future school supplies from. It was a very informative experience as well. Looking at most of the presentation and interacting with the presenters was very educational and gave me an idea as to what my poster presentation will look like and also it made me decide on my topic. It was really fun seeing my classmates and even some of my professors outside of class and experiencing that together. I was amazed by the amount of people that attended the meeting and also the amount of vendors that were present and eager to share and sell their products. I can say that I took full advantage of that and asked as many questions as I could. The amount of samples and flyers that I brought home with me is ridiculous. Overall it was a great experience, very educational and helpful. Looking forward to attending next year meeting.