



Proyecto FONIS SA19I0025

“Triglicéridos de cadena media y sus efectos antimicrobianos frente a *Candida albicans* oral”; 2020-2022

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Background: This study aimed to determine the effect of medium-chain fatty acids on the severity of denture stomatitis, in older people wearing removable prostheses.

Methods: This randomized, controlled and triple-blind study included seventy-nine older people presenting denture stomatitis. The control group was treated with 0.12% chlorhexidine and the experimental group with virgin coconut oil 100%, using the oil pulling technique 2x/day for 15 days. Intraoral examination and counts of *Candida* yeasts were performed at the beginning of treatment, at 7 and 15 days. The differences between both groups in the decrease of the severity of denture stomatitis and in the viability of *Candida* spp. were determined.

Results: older people carriers of removable prostheses treated with virgin coconut oil 100% presented remission of the clinical signs of denture stomatitis and the *Candida* spp. counts were not significant with respect to those treated with 0.12% chlorhexidine. Besides, virgin coconut oil 100%, was shown to reduce the clinical signs of denture stomatitis after the first week of application, while chlorhexidine after the second week.

Conclusions: The oil pulling technique with virgin coconut oil is an effective alternative treatment against denture stomatitis, since it manages to reduce the severity of the lesion in the oral mucosa of older people carriers of removable prostheses.