Title: The effect of several kinds of cheese on dental plaque pH.

Authors: Manoosha Amiri Siavashani

Abstract: Introduction and aim: Study of plaque pH determines that eating cheese after consuming sucrose can increase the pH of plaque up to baseline. The aim of this survey was to study the effects of three kinds of cheese on plaque pH.

Method and material: This study is a single blind randomized cross over clinical trial which has been performed among ten dental students who were attended in this survey. All the cases were abonded from all kinds of dental hygiene means for 48 hours. They were fasting for 2 hours before each session. 5 materials (3 kinds of Cheese, paraffin, sucrose syrup) were examined for 5 weeks on all cases and plaque pH was evaluated in all 4 quadrants before and after using these materials in 60 minutes. pH changing was evaluated and all the datas were analyzed by repeated measure ANOVA statistical test.

Results: After using butterkase cheese had highest level of pH among all the tested materials. After that cottage and cream cheese had most effect on increasing plaque pH. These difference in increasing pH for all 4 kind of materials were statistically significant. (p<0.001)

Conclusion: Eating cheese after eating sucrose syrup increased plaque pH in 7 minute up to baseline. These effects was more significant in eating butterkase cheese other than the other kinds.