

Preliminary Study: Effect of *Streptococcus salivarius* K12 on Otitis Media

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Abstract

To determine whether delivery of the *Streptococcus salivarius* K12 probiotic to the oral cavity would have any clinical effect on the rate of recurrence of otitis media, a study was undertaken at Dunedin hospital. The children enrolled in the study were from the surgical waiting list for grommet implants because they had a history of recurrent acute otitis media. The subjects were given either K12 or a placebo treatment. The study was closed prior to completion because of difficulties imposed by the strict clinical recruitment criteria. Nevertheless, 13 children entered the study and their clinical data is presented here. As the study was terminated prematurely the data presented here should be considered preliminary. Nine of the group completed the entire three-month treatment course with *Streptococcus salivarius* K12 or placebo. The children receiving K12 probiotic ($n=6$) had far fewer ear infections (0.22 per month) than they did prior to entering the study (0.50 per month, $n=13$) and also by comparison to the smaller placebo group (0.55 occurrences per month, $n=3$). The results of this study indicate that the occurrence of otitis children has been reduced for children in the active treatment group.