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What is the link between oral bacteria and infective endocarditis?

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Infective endocarditis (IE) is a devastating disease with high morbidity and mortality. The link to oral bacteria has been known for decades and has caused on going concern for dentists, patients and cardiologists. In the 1950's Antibiotic prophylaxis (AP) was first recommended to protect patients at risk of IE who were undergoing invasive dental procedures, although a randomised controlled trial to demonstrate AP efficacy has never been performed. Non-the-less, attempts to reduce AP use have been on-going and in 2007 the American Heart Association limited AP use to those patients at highest risk of IE. In 2009, the European Society for Cardiology (ESC) – which produces guidelines for the whole of Europe, did the same. In 2008, however, the NICE guideline committee recommended the complete cessation of AP the UK. Recent evidence that identified an increase in endocarditis incidence in England, however, prompted a guideline review by both NICE and ESC. Despite reviewing the same evidence they reached completely opposing conclusions. The resulting conflict of opinions and guidance is confusing and poses difficulties for dentists, cardiologists and their patients. This talk will examine the evidence and opposing guidance on AP and provide a framework for how patients at risk of IE might be managed.