# **Listerine mouthwash can help kill off Sexually Transmitted Infection gonorrhoea according to a new study**

## The British Medical Journal has revealed in a new study the mouthwash can have serious health benefits

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A commercial mouthwash can help kill off gonorrhoea according to a new study.

Listerine has been found to have serious health benefits in preventing the spread of the infection in the mouth.

According to the British Medical Journal "daily rinsing and gargling" of the product can control the infection.

As far back as 1879 the manufacturer of Listerine claimed that it could be used to cure gonorrhoea. But no published research has tested out this claim.

New cases of gonorrhoea among men are on the rise in many countries amid declining condom use, with the bulk of cases among gay/bisexual men, the researchers said.

The clinical trial involved 196 gay/bisexual men who had previously tested positive for gonorrhoea in their mouths/throat, and who were returning for treatment at one sexual health clinic in Melbourne, Australia.

Almost a third tested positive for the bacteria in their throat on the return visit.

Thirty three of these men were randomly assigned to a rinse and gargle with Listerine and 25 of them to a rinse and gargle with the saline solution.

After rinsing and gargling for 1 minute, the proportion of viable gonorrhoea in the throat was 52% among the men using Listerine compared with 84% among those using saline.

Men using Listerine were 80% less likely to test positive for gonorrhoea in their throat five minutes after gargling than were the men using the saline solution.

The researchers said: "If daily use of mouthwash was shown to reduce the duration of untreated infection and/or reduce the probability of acquisition of Ngonorrhoeae*,* then this readily available, condom-less, and low cost intervention may have very significant public health implications in the control of gonorrhoea in [men who have sex with men]."