

## CWSF 2015 - Fredericton, New Brunswick



### Josh Benattar, Christopher Adolphe

#### The ABC's of Mouthwash

**Challenge:** Health

**Category:** Junior

**Region:** Toronto

**City:** Toronto, ON

**School:** Upper Canada College

**Abstract:** Test subjects swished water, non-alcohol-containing mouthwash and alcohol-containing mouthwash after eating. Swabs taken before and after swishing were swiped in petri dishes and incubated for 48 hours. Bacterial colonies counted revealed swishing with water increased oral bacteria and both mouthwashes are equally effective at decreasing bacteria. Therefore, it is unnecessary to use alcohol-containing mouthwash to obtain an optimum antibacterial effect and risk possible side effects.

#### Biographies

**Josh -** Josh, a grade 7 student from Toronto, basks in a host of diverse interests. Along with sports, such as hockey and basketball, Josh enjoys playing the trumpet, investigating world issues and giving back to his community. He and his partner, Christopher, decided to explore the efficacy of alcohol in mouthwash on oral bacteria after wondering why some mouthwashes contain alcohol and if, in fact, alcohol was necessary. Their results have prompted them to create their own mouthwash in the hopes that it will be a healthier mouth washing option for them and their friends. Josh has learned a lot from his project and encourages other students to act o...

**Christopher -** Christopher is a grade 7 student from Toronto. Along with his passion for science, he enjoys music, volunteering in his community and playing hockey, soccer and tennis. A recent highlight was playing goal for the 2015 Ontario Hockey Champions. Christopher and his partner, Josh, decided to explore the efficacy of alcohol in mouthwash on oral bacteria after wondering why some mouthwashes contain alcohol and if, in fact, alcohol is necessary. Their results have prompted them to create their own mouthwash in the hopes that it will be a healthier mouth washing option for them and their friends. Christopher has learned a lot from this project and e...

#### Awards

#### Value

Excellence Award - Junior - Bronze Medal Sponsor: Youth Science Canada	
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
<b>Total</b>	<b>\$1 000</b>