

Gerodontology 2

Oral functions, diet styles, nutrition

Chair

Shunsuke Minakuchi. Tokyo Medical and Dental University.

Kazunori Ikebe. Osaka University.

Speaker 1

Yumi Kimura. Osaka University.

Diet and oral health among older adults: with a focus on food diversity and eating alone.

Speaker 2

Orapin Komin. Chulalongkorn University.

Dentistry for the Older people in Thailand.

Speaker 3

Tsung-Chieh Yang. National Taiwan University.

Oral hypofunction of the elder persons in Taiwan- Our experiences and challenges.

Speaker 4

Manabu Kanazawa. Tokyo Medical and Dental University.

Does oral rehabilitation improve masticatory performance, food intake and QoL in super-aged society?

Session Summary:

This symposium will discuss the issues surrounding oral function, diet and nutrition in the old population.

First, from a broad perspective as a nutritionist, Dr. Kimura presents the dietary problems of the elderly, such as the loss of food diversity and eating alone. She emphasizes the dietary environment rather than nutritional intake by itself. She highlights the risks of reducing social interactions during eating by the COVID-19 pandemic.

Next, Drs. Komin and Yang introduce the situation of aging societies, the medical and nursing care systems, and efforts to address oral disease and oral function decline, respectively in Thailand and Taiwan. They know the situation in Japan very well, so we can expect interesting lectures comparing between their countries and Japan.

Finally, Prof. Kanazawa introduces their RCT of 80 edentulous elderly patients. His study suggested that simple dietary guidance by dentists in addition to new complete dentures can improve the nutrient intake status of edentulous elderly patients.

The audience will be able to learn about the situation and changes in the dietary environment of the elderly, how each country in Asia thinks about it, and what dentists should do to restore oral function and contribute to the aging society.