大学院特別講義

（医歯学先端研究特論）

（生命理工医療科学先端研究特論）（医歯理工学先端研究特論）

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講師：Kaohsiung Medical University Professor Hsiao-Ling Huang

日時：2025 年 6 月 30 日(月)17：00～19：00

場所：1 号館 8 階第 3 講義室

演題：Integrating Oral Hygiene Practices and Oral Exercises in Swallowing Rehabilitation for Seniors: From Community Perspectives to Clinical Settings

要旨：

Decreased oral function, or oral dysfunction, is common among older adults and increases with age and physical frailty. Oral dysfunction encompasses seven signs or symptoms: oral uncleanness, dryness, decreased occlusal force, impaired motor function of the tongue and lips, tongue pressure, chewing, and swallowing difficulties. Oral frailty and dysphagia can lead to poor health outcomes, including physical frailty, sarcopenia, and aspiration pneumonia. Older adults with dysphagia and xerostomia are also more likely to experience late-life depression. Early intervention in oral function may help maintain quality of life for older adults.

This talk introduces a large-scale survey of adults aged ≥65 years in Taiwan, exploring the relationship between oral frailty, physical frailty, oral health-related quality of life (OHRQoL), and late-life depression. Notably, older adults with fewer than 20 functional teeth had a high proportion (46%) of poor chewing performance. Swallowing difficulties and dry mouth increase the risk of frailty and sarcopenia. Significant differences were observed in occlusal classification and food texture chewing status. Those with Eichner A occlusal classification reported easier consumption of fruits, seafood, meat, and vegetables, while individuals with Eichner C classification had lower proportions of "easy to chew" foods, particularly seafood and meat.

Additionally, a clinical-based oral rehabilitation program for older patients with mild dementia will be presented. Participants received brief one-on-one lessons in oral exercises and preventive oral care, including head turns, lip pouting, cheek bulging, tongue stretching, articulation exercises, and salivary gland massages.

In conclusion, older adults with fewer than 20 functional teeth exhibit poor chewing performance, and the number of posterior occlusal support areas affects their food texture preferences. The brief clinical-based intervention was effective in improving swallowing function, oral DDK, and plaque control in older patients with mild dementia at the 3-month follow-up.

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COI Disclosure: None

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