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PRINT ISSN : 0040-8891

## The Bulletin of Tokyo Dental College

Vol. 47 (2006) , No. 1 :1-4



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### Oral Flora in Independent over 80-year-olds with more than 20 Teeth

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(Received March 6, 2006)

(Accepted April 14, 2006)

**Abstract:** The purpose of this study was to investigate oral flora in independent persons aged over 80 years with more than 20 remaining teeth. The subjects were 22 participants of the 8020 campaign (6 males and 16 females) with a mean age of 81.3±1.6 years and an average of 24.7 teeth (Independent 8020 group). This group was compared with a group of 38 elderly people residing in nursing homes (10 males and 28 females) who had a mean age of 81.3±8.5 years and an average of 4.2 teeth (Nursing group with fewer teeth). Saliva samples were collected from the vestibular areas of the maxilla and mandible using cotton swabs. Cell numbers of microorganisms were expressed as colony forming units/ml (CFUs/ml) and compared between the two groups. The average number of *Staphylococcus* species was 65.2±74.4CFUs/ml in the Independent 8020 group and 400.3±352.1CFUs/ml in the group with fewer teeth (p<0.01); that of *Candida albicans* was 18.0±37.7 CFUs/ml in the Independent 8020 group and 152.9±211.9CFUs/ml in the Nursing group with fewer teeth (p<0.05). Both species showed statistically significant differences between the two groups. This suggests that the Independent 8020 achiever group had better oral hygiene and that the presence of many teeth may be associated with an increased awareness of dental health.

**Key words:** [Participants of 8020 campaign](#), [Oral flora](#), [Candida albicans](#),



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Jun Ohazama, Etsuko Motegi, Mayumi Nomura, Haruyo Miyazaki, Yumi Takane, Morihiro Harazaki, Hideharu Yamaguchi, Kazuyuki Ishihara, Katsuji Okuda and Ichiro Matsuda: "Oral Flora in Independent over 80-year-olds with more than 20 Teeth". The Bulletin of Tokyo Dental College, Vol. **47**: 1-4 (2006) .

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doi:10.2209/tdcpublishation.47.1

JOI JST.JSTAGE/tdcpublishation/47.1

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