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Relationship between Number of Present Teeth and Nutritional Intake in Institutionalized Elderly

[Keisuke Suzuki](#)¹⁾, [Toshio Nomura](#)¹⁾, [Miwa Sakurai](#)¹⁾, [Naoki Sugihara](#)¹⁾, [Sumie Yamanaka](#)¹⁾ and [Takashi Matsukubo](#)¹⁾

1) Department of Epidemiology and Public Health, Tokyo Dental College

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Abstract: We conducted oral examinations and dietary surveys on a total of 141 subjects with an average age of 80 years or more—specifically, seniors (S-group) living in a health service facility for the elderly and patients with mild dementia (SD-group) living in a special nursing home for the elderly. All were assumed to have a roughly uniform diet. We investigated which factors contributed to their dietary intake, and the relationship between dietary intake and number of present teeth (PT). Factors affecting total energy of the subjects and those in the S-group were body weight and number of PT. No factors were recognized as having a relationship with total energy in the SD-group. A significant difference was found in males in the S-group in that those in the “five PT or more” group had higher levels of carbohydrates and vitamin B₁ than those in the “four PT or less” group. However, significant differences were found in the SD-group in that subjects in the “five PT or more” group had higher levels of carbohydrates, calcium, iron, and vitamins A, B₁, B₂, and C than those in the “four PT or less” group. Significant differences were seen in both groups for female patients in the nursing home with regard to total energy, proteins, carbohydrates, iron, vitamin B₁, and fiber intake. No significant differences were recognized, however, for females in the SD-group. Reductions in dietary intake should be considered from the perspective of nutritional status, which is a problem that can be resolved through dental treatment. This study found that recovery of chewing ability in seniors was essential not only to maintain nutritional status, but also to fully bring out all the functions of the foods

themselves.

Key words: [Nutrition survey](#), [Dementia](#), [Elderly](#), [Institution](#), [Number of present teeth](#)

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