# Healthy Mouth\*

# **Oral Frailty**

The accumulation of "slight declines" in oral functions, including tooth loss and difficulties in eating and communicating

## **Checklist**

- 1. How many of your natural teeth are left? (0-19 teeth)
- 2. Do you have any difficulties eating tough foods at present compared to 6 months ago? (Y)
- 3. Have you choked on your tea or soup recently? (Y)
- 4. Do you often experience having a dry mouth? (Y)
- 5. Have you had a difficulty in clear pronunciation recently? (Y)

Oral Frailty = 2 or more items

When available, oral diadochokinesis "ta" (< 6.0 times/s)

# Decline of oral function

# **Dentistry**

- Mastication, pronunciation, swallowing, etc.
- Dental problems (caries, periodontal disease, dentures, etc.)

Multidisciplinary Collaboration

### **Medicine**

- Frailty, sarcopenia, malnutrition, etc.
- Medications (polypharmacy, inappropriate medication)
- Neurodegenerative disease

ability of oral funct

Frailty, Sarcopenia, Malnutrition

**Robust** 

\* "healthy mouth" means robust oral function