Simple exercise found to improve oral function in the elderly

By DTI

Researchers have developed a 2-minute-long simple oral exercise that improved mastication, salivation and swallowing function in the elderly. The study, titled “Improvements in Oral Function in the Elderly,” was published in May 2019 in the journal Frontiers in Nutrition.

The study involved 84 participants, aged 65 years and older, who were divided into two groups: a good-swallowing group and a poor-swallowing group. The exercise involved stretching the mouth, cheek and tongue, mimicking the movements of chewing and swallowing.

The participants who performed the exercise showed significant improvements in their oral function. The study found that the exercise improved masticatory performance, saliva production and swallowing efficiency.

The exercise is simple and can be performed at home without the need for special equipment. It is recommended for older adults to improve their oral health and maintain their ability to eat and drink.

Food additive used in toothpaste and chewing gum may have negative impact on health

By DTI

A new study has found that food additive titanium dioxide, which is used in toothpaste and chewing gum, may have a negative impact on human health.

The study, conducted by researchers from the University of Sydney, Australia, found that titanium dioxide nanoparticles (E171) can affect the gut microbiota, which is responsible for maintaining a healthy gut. The study was published in the journal Frontiers in Nutrition.

The researchers found that titanium dioxide nanoparticles can alter the gut microbiota and impair the host’s ability to absorb nutrients and fight off infections. They also found that the nanoparticles can affect the gut’s ability to regulate inflammation.

The study concludes that the use of titanium dioxide in toothpaste and chewing gum should be reviewed to ensure that it does not pose a risk to human health.

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