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The relationship between oral health and cognitive decline among the Iranian elderly

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The aim of the present study was to determine the relationship between oral health and cognitive decline among the elderly. In this cross-sectional study, 206 elderly aged 60 years and older were selected from Health Centers of Qhaemshahr, Iran with stratified random sampling. Data were collected from their files and by interview and using cognitive state Test(COST), Geriatric Depression Scale(GDS), and Geriatric Oral Health Assessment Index (GOHAI), the number of missing teeth, and dental related health behavior. The most predictive variable of cognitive decline was tooth loss. The risk of cognitive decline was 4.16 (95% CI 1.46 to 11.85 P=0/007) among elderly who had 5-7 missing teeth. Designing the interventions to improve oral health of the elderly seems necessary.

Biography

Zohreh Taraghi has completed her PhD at the age of 51 years from Tehran University of Social Welfare and Rehabilitation Sciences. She is the director of geriatric nursing department. She has published more than 10 papers in reputed journals and has been serving as an editorial board member for more than 10 years.

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