



Letter to the Editor

Dental Care Innovations for Geriatric Populations: Enhancing Quality of Life through Oral Health

Ameneh Marzban^{1*} 

¹ Department of Health in Disasters and Emergencies, School of Health Management and Information Sciences, Iran University of Medical Sciences, Tehran, Iran

* **Corresponding Author:** Department of Health in Disasters and Emergencies, School of Health Management and Information Sciences, Iran University of Medical Sciences, Tehran, Iran. **Tel:** +989172458896, **Email address:** amenemarzban@yahoo.com

Received 23 Mar 2025

Citation: Marzban A. Dental care innovations for geriatric populations: enhancing quality of life through oral health. *Elderly Health Journal*. 2025; 11(1): 1-2.

Oral health is a fundamental component of overall well-being, yet it remains a significantly overlooked aspect of healthcare, particularly among elderly populations (1). Aging individuals often face complex oral health challenges due to physiological changes, chronic health conditions, and socio-economic barriers (2). Untreated oral diseases not only affect physical health but also impair social interactions, nutrition, and quality of life. In light of these concerns, advancing dental care for geriatric populations has become a critical priority in healthcare systems (3). This article explores recent findings on oral health among older adults, evaluates strategies for improvement, and emphasizes the importance of policy-driven recommendations for better health outcomes.

The importance of oral health in aging

Aging is associated with an increased risk of oral health conditions, such as periodontal disease, tooth loss, dry mouth, and oral cancer. These conditions are often exacerbated by systemic diseases, including diabetes and cardiovascular disorders, which are prevalent in older adults (4). Furthermore, recent studies highlight a direct correlation between poor oral health and cognitive decline, particularly in cases of Alzheimer's disease and dementia (5). Given these findings, oral health must be integrated into holistic approaches to geriatric care (1).

Impact of oral health on daily living

1. Nutrition and digestion: Poor oral health can limit the ability to chew and digest food, leading to malnutrition and other health complications (3).
2. Social engagement: Missing teeth or other oral health issues may discourage elderly individuals from

participating in social activities, contributing to isolation and decreased mental well-being (2).

3. Systemic health: Oral infections can have systemic consequences, such as increasing the risk of respiratory infections or exacerbating chronic illnesses (1).

Recognizing the impact of oral health on physical, psychological, and systemic health, recent research highlights the necessity for accessible and comprehensive dental care in aging populations (3).

Innovations in geriatric dental care

To address the unique needs of elderly populations, several advancements and strategies have emerged in recent years:

1. Portable and mobile dental clinics: Many elderly individuals face mobility challenges that hinder their access to dental care (5). Mobile dental clinics equipped with modern diagnostic tools can bring services directly to older adults in residential care facilities or community centers, ensuring consistent and accessible treatment (4).
2. Tele-dentistry services: Advances in tele-dentistry allow dentists to conduct virtual consultations, assess oral health conditions through digital imaging, and provide remote guidance (3). This is particularly beneficial for seniors living in remote or underserved areas, reducing disparities in access to dental care (4).
3. Biocompatible dental materials: Innovations in dental materials, such as biocompatible implants and dentures, provide more durable and comfortable solutions for tooth replacement (5). These advancements reduce discomfort and enhance the functionality of dental prosthetics for elderly users (1).
4. Preventive care programs: Recent research underscores the importance of preventive interventions, including routine cleanings, fluoride

treatments, and education about oral hygiene, in significantly reducing the risk of severe oral conditions (3). Tailored programs for older adults ensure that preventive efforts align with their specific needs (1).

5. **Interdisciplinary collaboration:** Integrating dental care with general healthcare services through interdisciplinary teams enhances comprehensive treatment plans for elderly individuals (4).

Collaboration between dentists, primary care physicians, geriatric specialists, and nutritionists ensures that oral health is considered in the broader context of systemic health (5).

Key recommendations for implementation

Although significant advancements in geriatric dentistry have been made, research suggests that comprehensive policy-driven initiatives are essential for sustainable improvements in oral healthcare for the elderly (1). The following recommendations provide actionable strategies:

1. *Integration of oral health into national aging policies:*

Governments and healthcare systems should incorporate oral health screening and treatment into standard aging care protocols, ensuring routine dental evaluations for elderly individuals in hospitals and senior care facilities (2).

2. *Increased funding for community-based dental programs:*

Expanding public healthcare funding for mobile dental units and tele-dentistry services can provide free or subsidized dental care for low-income elderly populations (3).

3. *Development of geriatric dental training programs:*

Dental institutions should introduce specialized geriatric training, equipping dentists with skills for managing complex oral health conditions in aging patients (4).

4. *Promotion of oral health awareness campaigns:*

Public health organizations should launch nationwide awareness campaigns to educate older adults about proper oral hygiene practices, early detection methods, and available dental services (2).

Conclusion

Oral health in aging populations must be prioritized within the broader framework of elderly care. Strengthening international collaborations, leveraging innovative technologies, and implementing evidence-based policies are crucial to enhancing oral healthcare accessibility for seniors.

By learning from recent studies and best practices, we can reduce disparities in geriatric dental care, improve pain management strategies, and ensure that oral health remains a key component of aging healthcare initiatives. Sustained commitment and integrated policies will drive better long-term outcomes, allowing older adults to maintain optimal oral health, social engagement, and overall quality of life.

References

1. Ghezzi EM, Niessen LC, Jones JA. Innovations in geriatric oral health care. *Dental Clinics of North America*. 2021; 65(2): 393-407.
2. Janto M, Iurcov R, Daina CM, Neculoiu DC, Venter AC, Badau D, et al. Oral health among elderly, impact on life quality, access of elderly patients to oral health services and methods to improve oral health: a narrative review. *Journal of Personalized Medicine*. 2022; 12(3): 1-17.
3. Chan AKY, Tsang YC, Jiang CM, Leung KCM, Lo ECM, Chu CH. Integration of oral health into general health services for older adults. *Geriatrics*. 2023; 8(1): 1-8.
4. Dibello V, Zupo R, Sardone R, Lozupone M, Castellana F, Dibello A, et al. Oral frailty and its determinants in older age: a systematic review. *The Lancet Healthy Longevity*. 2021; 2(8): 507-20.
5. Chan AKY, Tsang YC, Jiang CM, Leung KCM, Lo ECM, Chu CH. Diet, Nutrition, and oral health in older adults: a review of the literature. *Dentistry Journal*. 2023; 11(9): 1-14.