

Hubungan antara kehilangan gigi dengan kemampuan mastikasi, asupan nutrisi, dan status nutrisi pada lansia = Relationships between tooth loss and masticatory performance, nutrition intake, and nutritional status in the elderly

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Abstrak

Objektif: Pengurangan pada jumlah gigi posterior dapat dihubungkan dengan asupan nutrisi, status nutrisi, dan kemampuan mastikasi pada lansia. Penelitian sebelumnya mengenai hubungan antara kehilangan gigi, asupan nutrisi, status nutrisi, dan kemampuan mastikasi. Metode: Total 158 subjek berusia diatas 60 tahun di kota Depok, Jawa Barat, Indonesia. Gigi posterior dibagi menjadi 2 grup berdasarkan Index Eichner; grup A2-B3 dan grup B4-C3. Untuk pengukuran asupan nutrisi dilakukan menggunakan semi-quantitative food-frequency questionnaire dengan mengukur jumlah kalori, dan untuk mengukur status nutrisi menggunakan Mini-Nutritional Assessment-Short Form. Hasil: 74% subjek perempuan, 26% laki-laki. Terdapat perbedaan signifikan pada nilai rata-rata kemampuan mastikasi ($p = 0.000$), Eichner grup A2-B3 (5.66 ± 1.80) dan B4-C3 (3.20 ± 1.25). Namun, tidak ada perbedaan signifikan antara status nutrisi dan asupan nutrisi pada kedua grup Eichner. Kesimpulan: Hasil penelitian ini menyatakan bahwa kehilangan gigi berhubungan dengan kemampuan mastikasi, namun tidak pada status nutrisi ataupun asupan nutrisi pada lansia.

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Objective: A reduction in the number of posterior teeth is associated with diminished nutrition intake, nutritional status, and masticatory performance in the elderly. Previous studies on the relationships between tooth loss, nutrition intake, nutritional status, and masticatory performance have yield varying results. Methods: A total of 158 subjects aged 60 years and older from Depok, West Java, Indonesia were enrolled in the study. Posterior tooth contacts were assessed based, and the subjects were accordingly divided into two groups based on the Eichner Index; group A2-B3 and group B4-C3. A semi-quantitative food-frequency questionnaire was used to measure nutritional intake in the form of total calories, and the Mini-Nutritional Assessment-Short Form was used to measure nutritional status. Results: Seventy-four percent of participants were females, and the remaining (26%) were males. A significant difference in the mean masticatory performance score ($p = 0.000$) was noted between Eichner group A2-B3 (5.66 ± 1.80) and B4-C3 (3.20 ± 1.25). However, no statistically significant differences in nutritional status and calorie intake were noted between the two groups. Conclusion: These findings indicate that the number of teeth lost is related to mastication, but not to nutritional status or calorie intake in the elderly.