

# Mastication and Quality of life in elderly people suffering from dementia.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON22048

### Source

Nationaal Trial Register

### Brief title

N/A

### Health condition

dementia, cognition, depression, circadian rhythm, mastication, exercise  
dementie, cognitie, depressie, slaap-waakritme, kauwen, bewegen

## Sponsors and support

**Primary sponsor:** VU University Amsterdam

**Source(s) of monetary or material Support:** Innovatiefonds Zorgverzekeraars

## Intervention

## Outcome measures

### Primary outcome

Improved quality of life.

### Secondary outcome

Improvement of (or, slow down the loss of) cognition, mood and circadian rhythm of elderly people suffering from dementia.

## Study description

### Background summary

Exercise is thought to be beneficial for prevention and treatment of cognitive problems, mood disorders and circadian rhythm disturbances in elderly suffering from dementia. Improved cardiovascular health and increased brain perfusion are considered to be explanatory mechanisms for this effect.

Mastication induces similar bodily responses as exercise, such as increased heart rate, blood pressure and brain perfusion.

Furthermore, impaired mastication (by means of removal of the molar teeth or by offering soft food) negatively effects the performance of mice in maze tasks, and leads to hippocampal neuron loss. Since the hippocampus is associated with both spatial orientation and memory, these findings indicate that impaired mastication leads to memory loss, amongst others. In humans, correlations have been found between mastication and memory, attention and performance on several executive functioning tasks; i.e. when chewing a piece of gum the performance improves.

### Study objective

Increased and improved mastication will improve (or, slow down the loss of) cognition, mood and circadian rhythm of elderly people suffering from dementia.

### Study design

Base line at 0 weeks;

Follow up at 6 weeks, 3 months, and 6 months.

### Intervention

Intervention-Increased masticatory activity achieved through improved oral health care and diet.

## Contacts

### Public

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## Eligibility criteria

### Inclusion criteria

1. Older than 50 years; suffering from dementia.

### Exclusion criteria

1. History of psychiatric disorder
2. Alcohol abuse
3. Cerebral traumata
4. Normal pressure hydrocephalus
5. Neoplasmata
6. Conscious disorders

## Study design

## Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Non-randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active

## Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-12-2008
Enrollment:	200
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	27-11-2008
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL1491

**Register**

NTR-old

Other

ISRCTN

**ID**

NTR1561

VU University Medical Center : 2504931

ISRCTN wordt niet meer aangevraagd

## Study results

**Summary results**

N/A