Prof Mats Trulsson

SHARING SESSION

MASTICATION MATTERS: THE SIGNIFICANCE OF CHEWING IN AGING

Date: 28 February 2025 (Friday)
Time: 5 – 7pm
Venue: Auditorium (Level 9), NUS Faculty of Dentistry
Target Audience: General Dental Practitioners

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Chewing ability is a critical determinant of oral health and overall quality of life. Several physiological and anatomical parameters influence chewing function. Over the past few decades, oral rehabilitation procedures have transitioned from removable to fixed prostheses. The dental implant, innovated by Branemark and colleagues, has revolutionized oral rehabilitation strategies.

Dental implants enhance the stability and retention of prostheses, leading to higher patient satisfaction and improvements in oral-health-related quality of life. However, the question remains: do current rehabilitation strategies improve nutritional status and contribute to healthy aging? A compromised chewing function can affect swallowing and digestive processes, reduce nutrient intake, and potentially impact cognitive functions and frailty. This lecture will explore the significance of chewing in the elderly population, highlighting the intricate relationships between oral functions and overall health.

NUS National University of Singapore | Faculty of Dentistry

SPEAKER

Mats Trulsson is a Professor and Senior Dental Officer at the Department of Dental Medicine, Karolinska Institutet, Sweden. He earned his DDS in 1986 and a PhD in neurophysiology in 1993 from Umeå University, Sweden. After completing postdoctoral training at the Dental Research Centre in Chapel Hill, UNC, USA, in 1995, he joined Karolinska Institutet in 2000 and specialized in prosthetic dentistry by 2005.

From 2012 to 2021, Professor Trulsson served as head of the Department of Dental Medicine. In 2022, he was awarded an Honorary Doctorate from the Faculté de Chirurgie Dentaire de Toulouse, France. He is currently the director of the Academic Center for Geriatric Dentistry in Stockholm, Sweden.

Professor Trulsson's research group focuses on behavioral and clinical studies in orofacial neurosciences and oral rehabilitation procedures. Their research specifically investigates the basic somatosensory and motor mechanisms of the masticatory system, with findings directly applied to clinical practice to optimize oral rehabilitation.

In his clinical studies, Professor Trulsson investigates the impact of tooth loss and impaired chewing function on malnutrition, cognitive decline, and quality of life, especially among the elderly. He highlights the essential role of maintaining a nutrient-rich diet and identifies chewing impairment as a significant yet modifiable risk factor in the aging population.