

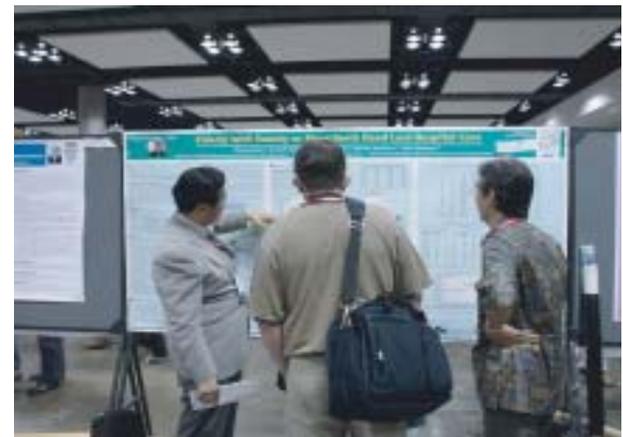
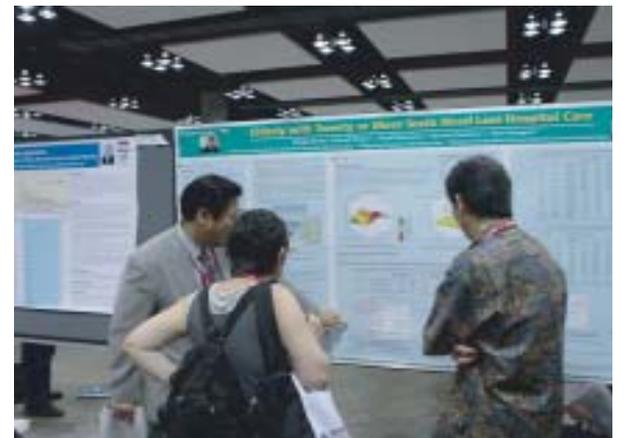


8020運動と国民医療の関係を当院の院長がハワイで開催された第82回国際歯科研究学会で発表しました。これは兵庫県内の35,900名の高齢者を対象とした大きな調査研究結果をまとめたものです。国民健康保険団体連合会の協力を得て、院長が所属する兵庫県歯科医師会情報調査室が中心となって集計分析を行いました。

70歳以上の高齢者を歯が多い人と少ない人に分けてそれぞれの医療費や入院日数を調査した結果、歯の少ない人は多い人より医療費が約15%多く、また、入院日数も約25%長いという驚くべき結果がでました。また、歯の少ない人は循環器病疾患や新生物などの病名で入院する割合が高いこともわかりました。

お口の健康状態を最も端的に表す歯の本数と全身の医療状況を示すデータとしては、世界的にも例がないほど強力な研究成果であると、高い評価を得ました。

8020運動とはすべての歯を大切に、80歳になっても20本以上の歯を保つ事を目標として国が展開している運動です。そのためには若い頃から歯を大切にする心がけがとても大切です。



Program Number: 19 63

Elderly with Twenty or More Teeth Have Lower Hospitalization Rates

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Abstract:

Objective: The purpose of this study was to clarify the relationship between the number of remaining teeth and hospitalization rates.

Method: The study included 45,147 residents of Hyogo Prefecture over the age of 70 years who visited clinics of the Hyogo Dental Association between 2010 and 2014. The number of remaining teeth was categorized into 10 groups (0-9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89, 90-99). The number of hospitalizations and hospitalization days were compared between the groups. The regression model was used to analyze the relationship between the number of remaining teeth and hospitalization rates.

Results: The number of hospitalizations and hospitalization days increased with the number of remaining teeth. The regression model showed that the number of remaining teeth was a significant factor in predicting hospitalization rates. The number of remaining teeth was a significant factor in predicting hospitalization rates.

Conclusion: The number of remaining teeth was a significant factor in predicting hospitalization rates. The number of remaining teeth was a significant factor in predicting hospitalization rates.

Table 1 Average hospitalization rates and hospitalization days by age

Age Group	Number of Patients	Number of Hospitalizations	Hospitalization Days
70-79	10,000	1,000	10,000
80-89	10,000	1,000	10,000
90-99	10,000	1,000	10,000

Table 2 Hospitalization rates and hospitalization days by number of remaining teeth

Number of Remaining Teeth	Number of Patients	Number of Hospitalizations	Hospitalization Days
0-9	10,000	1,000	10,000
10-19	10,000	1,000	10,000
20-29	10,000	1,000	10,000

Figure 1 Scatter plot showing the relationship between the number of remaining teeth and hospitalization rates.

Figure 2 Scatter plot showing the relationship between the number of remaining teeth and hospitalization days.