

Special Issue

Linking Oral Frailty, Nutrition, and Physical Health: Strategies for Aging Well

Message from the Guest Editor

Oral frailty refers to the progressive deterioration of oral health associated with aging, including tooth loss, reduced chewing ability, impaired oral motor skills, and difficulty swallowing. Additionally, they may experience swallowing difficulties due to insufficient saliva production and appetite loss, as prolonged chewing can make eating a tedious and time-consuming process. Recent research has reported associations between poor oral function and sarcopenia, decreased muscle strength, increased fall risk, and even higher all-cause mortality. While malnutrition is thought to mediate the link between oral and physical function, the underlying mechanisms remain unclear. Notably, reduced occlusal force and clenching ability may contribute to impaired balance, directly increasing fall risk. This Special Issue aims to compile research exploring oral frailty as a key intervention target, particularly in relation to its impact on physical function and fall risk from a long-term care prevention perspective. We hope that this Special Issue will foster new initiatives aimed at preventing long-term care dependency by addressing malnutrition caused by oral frailty.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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