

Paper Category:	Oral Health and Swallowing
Paper Title: (Arial Font; 14 Pt Size)	Association of Oral Frailty with Sarcopenia and Fall Risk in Community-Dwelling Older Asians
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>Background: Oral frailty, defined as a decline in oral function, has been associated with poorer health outcomes amongst older adults. There is paucity of data on the impact of oral frailty in older Asians, particularly on fall risk and sarcopenia.</p> <p>Objectives: To assess the impact of oral frailty on the risk of falling and sarcopenia in community-dwelling older Asians.</p> <p>Methodology: A cross-sectional study was conducted among community-dwelling older adults (age ≥ 65) in an urban Singaporean town. Data was collected using SARC-F and Oral Frailty Index-8 (OFI-8) questionnaires. Timed Up and Go (TUG) test and handgrip strength were measured for all participants. Possible sarcopenia was defined according to the Asian Working Group for Sarcopenia (AWGS) 2019 Consensus.</p> <p>Results: Participants included older adults (n=96) aged 65–86 (mean 71.3 ± 5.2), of which 61.5% (n=59) were females. The prevalence of older adults who were at high risk of oral frailty, at risk of falling and at risk of possible sarcopenia were 47.9% (n=46), 34.4% (n=33) and 11.5% (n=11) respectively. Of older adults at high risk of oral frailty, 66.7% (n=22) were at risk of falling ($p=0.008$) while 81.8% (n=9) were at risk of possible sarcopenia ($p=0.02$).</p> <p>Discussions and conclusion: Oral frailty was significantly associated with a higher risk of falling and sarcopenia in our cohort. Screening for oral frailty with the aim of providing timely dental intervention can be considered in community-dwelling older adults in order to reduce sarcopenia and risk of falling. This will need to be confirmed through larger scale studies in our local population.</p>	

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