Practice of Anti-aging Medicine
- A Clinical Approach for Dry Mouth (Xerostomia), Swallowing Disorder (Dysphagia) and Life Style, and Therapeutic Roles of Oriental Herbal Medicine -

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Summary
Anti-aging medicine is a new medical field created at the end of the twenty century, focusing on aging as a clinical entity whose progress can be controlled.

From the view point of the dental field, it is important for health and oral function to maintain the capacity for feeding/swallowing and breathing, and also the pleasure in tasting and experiencing the texture and feeling of foods and conversation with each other, so that people will enjoy prosperous longevity.

The oral cavity has special biological functions in nutrition and also is the organ which has a cultural role in phonetic, verbal communication.

Dry mouth, a symptom of decrease in the volume of saliva, increases the risk of dental caries, periodontal disease, pneumonia, upper gastrointestinal disease, and deterioration of feeding/swallowing. These diseases decrease the quality of life (QOL). Saliva is not simply water, containing many growth factors, immunoglobulins, and anti-bacterial materials, and in fact is important for homeostasis. Our proposal is that exercise instruction, dietary instruction and life-style guidance within anti-aging medicine are key points for the treatment of dry mouth.

This special issue features anti-aging, dry mouth and clinical topics of related to food in this new area of clinical practice. There are technologies to prevent aging of oral functions. If these are made generally available with our present understanding of the physiology of the oral cavity, this branch of anti-aging medicine should facilitate decrease in medical payments and contribute healthy longevity as a leader in the field.