

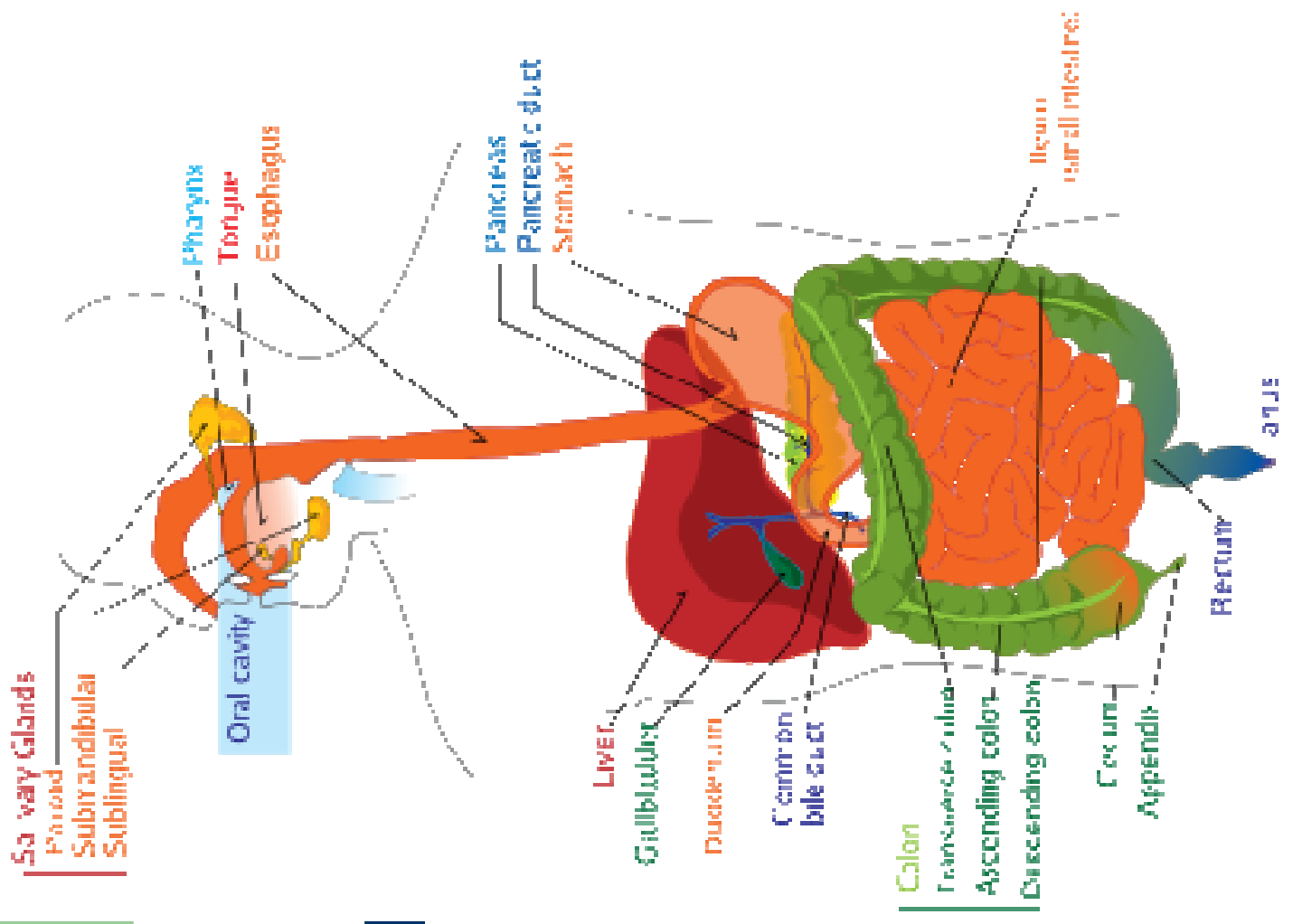
# The ageing gut

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# ORAL

- Soreness and ulceration
- Problems with salivation
- Mastication and dental health
- Swallowing
- Taste

What is the effect on nutrition?

## Oral health and dental status

- The more natural teeth present the less chewing problems occur.
- Edentate people shown to consume less energy, calcium, iron, vits A, C, E & B complex, fibre and protein.
- Edentate people have lower BMI's

NDNS for people aged over 65 years. Oral health survey. 1998

## Taste and smell

- Decline in pleasantness of food.
- Trigger cephalic phase response
- Disease and drugs
- Enhancing food flavour has been shown to increase intake and body weight.

# OESOPHAGUS

- Gastro-oesophageal reflux disease
- Oesophagitis
- Malignancy

How can these be treated with diet?

# STOMACH

- Gastric atrophy, with decreased secretion of gastric acid, pepsin, and mucus.
- Reduced gastric emptying
- Reduced blood supply
- Peptic ulcer disease
- Helicobacter pylori infection

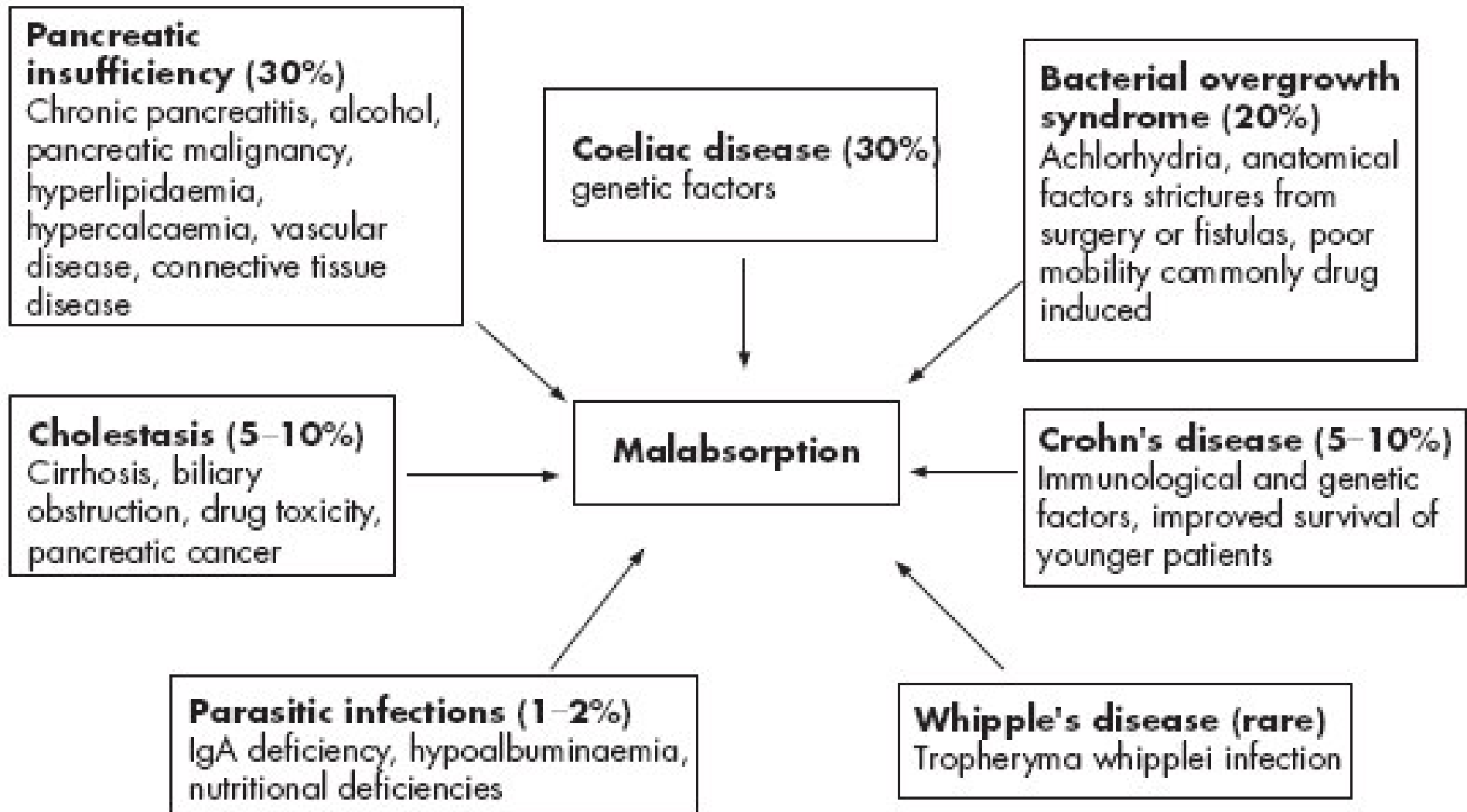
**What is the effect on nutrition?**

# SMALL INTESTINE

- Malabsorption
- Coeliac disease
- Anaemia
- Diarrhoea
- Mesenteric ischaemia



# Causes of malabsorption in elderly



# SMALL INTESTINE

- Malabsorption
- Coeliac disease
- Anaemia
- Diarrhoea
- Mesenteric ischaemia

How can these be treated with diet?

# LARGE INTESTINE

- Changes in gut microflora
- Constipation
- Irritable bowel syndrome
- Diverticular disease
- Colorectal cancer

How can these be treated with diet?