

## FAQ Category: Foods; Choking

### Q: Should patients with missing teeth or dentures be placed on IDDSI diets or regular diets?

**A:** Individuals with missing teeth or dentures may benefit from modified food textures even if they do not have dysphagia. Missing teeth, ill-fitting dentures and dental disease are correlated with autopsy results of sudden choking deaths (Berzlanovich et al., 2005; Wick et al., 2006). Dentures have been associated with poor chewing strength and poorly chewed boluses. People with removable dentures achieve only 25% of the chewing effectiveness of individuals with their own teeth and produce a coarser chewed bolus with larger particles (Pereira et al., 2006; Okamoto et al., 2012). Research suggests that older adults with fewer than 13 teeth have an increased risk of coughing and choking (Okamoto et al., 2012). Kayser (1981) and Kayser et al. (1987) go further suggesting that 12 front teeth and 8 pre-molar teeth are required for adequate chewing function. If it has been determined that the person does not need pre-cut bite-sizes, then there may be softer foods within the Level 7 options that are well suited for these people.

#### References:

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Pereira LJ, Gavião MBD and Van der Bilt A. Influence of oral characteristics and food products on masticatory performance. *Acta Odontologica Scandinavica*. 2006; 64: 193-201.

Wick R, Gilbert JD and Byard RW. Café coronary syndrome-fatal choking on food: An autopsy approach. *Journal of Clinical Forensic Medicine*. 2006; 13: 135-138.



This document is to be read in conjunction with the Complete IDDSI Framework, IDDSI Testing Methods and IDDSI Evidence documents (<http://iddsi.org/resources/framework/>).

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