



## PhD in Health Sciences (Biomedicine)

### Research Area: Preventive and Geriatric Dentistry

**Title:** Oral health care of the Portuguese elderly: Influence on oral health status, self-perception, quality of life and on overall health

Despite the established association between oral and general diseases, elderly population growth has not been followed by an investment in oral health care. To better understand the association of oral health care in the elderly with their oral health status, their self-perception, quality of life and overall health, we propose two studies. Firstly, we will characterize oral health care and assess its association with oral health status and general health considering sociodemographic factors in a cohort study on Portuguese elderly. Secondly, through an interventional prospective study on a local elderly population, we will analyze the impact of an Oral Care Programme on oral hygiene, oral health status, self-perception, quality of life and overall health status, taking into consideration sociodemographic factors. We expect to improve elderly oral health care regarding oral hygiene, self-examination and routine professional contact for the successful use of oral healthcare services and greater coverage of Portuguese elderly.

**Keywords:** Oral health care; Epidemiology; Geriatrics; Oral Care Programme

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