Swallowing thresholds of mandibular implant-retained overdentures with variable portion sizes

Francina A. Fontijn-Tekamp
Ad P. Slagter
Andries Van der Bilt
Martin A. Van’t Hof
Warner Kalk
John A. Jansen

Authors’ affiliations:
Francina A. Fontijn-Tekamp, Ad P. Slagter, Warner Kalk, Department of Oral Function and Prosthetic Dentistry, University Medical Centre, Nijmegen, The Netherlands
Ad P. Slagter, Centre for Special Dental Care, University Medical Centre, Nijmegen, The Netherlands
Martin A. Van’t Hof, Department of Preventive and Community Dentistry and Pedodontics, University Medical Centre, Nijmegen, The Netherlands
John A. Jansen, Laboratory for Biomaterials, University Medical Centre, Nijmegen, The Netherlands
Francina A. Fontijn-Tekamp, Andries Van der Bilt, Division of Head and Neck, University Medical Center, Utrecht, The Netherlands
Warner Kalk, Department of Oral Function, University of Groningen, The Netherlands

Correspondence to:
Mrs F. A. Fontijn-Tekamp
Division of Head and Neck
Oral Physiology Group
University Medical Center
STR. 4.115
P.O. Box 85.060
3508 AB Utrecht
The Netherlands
Tel.: +31 30 253 3373/3540
Fax: +31 30 253 5537
e-mail: F.A.Fontijn@med.uu.nl

Abstract: We analysed the effect of three portion sizes Optocal Plus (small, medium and large) on swallowing thresholds in subjects with either conventional complete dentures or mandibular implant-retained overdentures (transmandibular and permucosal cylindric implants). Tests were carried out in 52 women and 15 men (mean age 59 years) 4 years after treatment in a randomised controlled clinical trial. The results indicated that the degree of mucosal support for the mandibular denture did not affect the number of chewing strokes, time till swallowing or swallowed particle size. Only the chewing rate differed: subjects wearing mandibular implant-retained overdentures chewed the food at a higher rate than complete-denture wearers. With larger portion sizes, subjects needed significantly more chewing strokes and time until swallowing and they would have swallowed larger particles. Men chewed their food more efficiently than women, as they used the same number of chewing strokes and time, but achieved a greater particle size reduction at the swallowing moment.

The ability of complete-denture wearers to comminute foods is dramatically reduced. Their comminution of food during chewing is only one-fourth to one-seventh of that of subjects with natural dentitions and depends on the age of the subjects and the type of food [Kapur & Soman 1964; Heath 1982; Slagter et al. 1993; Fontijn-Tekamp et al. 2000]. Subjects with a diminished masticatory performance tend to swallow larger food particles, despite the fact that they chew the food for a larger number of chewing cycles (van der Bilt et al. 1993b). When larger particles are swallowed, this affects gastrointestinal function, as both lag phase and half-emptying time are significantly longer [Pera et al. 2002]. There is no evidence in the literature that complete-denture wearers have more gastrointestinal disorders. Obviously, they have developed strategies to avoid problems with chewing by choosing soft and easier-to-chew foods [Chauncey et al. 1984] and by preparing their foods differently.

Subjects with problems wearing complete dentures might benefit from dental implant treatment. After implant treatment, most subjects have fewer complaints, are more satisfied and have a better subjective chewing ability [Geertman et al. 1996; Meijer et al. 1999; Naert et al. 1999; Tang et al. 1999; Bakke et al. 2002]. Nevertheless, effects on objective function as evaluated by conducting masticatory performance, chewing efficiency and swallowing threshold tests, as well as bite-force measurements are less obvious. For example, masticatory performance is not improved by the provision dental implants [Haraldson et al. 1988; Garrett et al. 1998], whereas it improved in other studies [Carlsson & Lindquist 1994; Copyright © Blackwell Munksgaard 2004
Swallowing-threshold tests

The swallowing threshold is defined as the moment that subjects do feel the urge to swallow or normally do swallow their food. Swallowing-threshold tests have been performed using Optocal Plus artificial test food. The test food was prepared by mixing 58.3% by weight Optosil® Plus [Bayer Dental, Leverkusen, Germany, version 1997] with 7.5% toothpaste [Everclean, HEMA BV, Amsterdam, The Netherlands], 11.5% vaseline [Dr Swaab, Boots Healthcare, Hilversum, The Netherlands], 10.2% powder of dental plaster [Super Fix White®, Börgardts GmbH, Walkenried, Germany] and 12.5% alginate powder [Blueprint cremix®, De Trey Dentistry Ltd, Weybridge, England]. This putty component was mixed with 20.8 mg/g catalyst paste. Finally, test particles were prepared in moulds and stored in an electrical stove for 16 h at 65 °C [Slagter et al. 1992].

The test food was offered in portions of 6, 11 and 17 cubic particles with an edge size of 5.6 mm [approximately 1, 2 and 3 cm³, respectively]. Portions are further referred to as small, medium and large.
Subjects were instructed to chew until they felt the desire to swallow and then spit out the particles on a filter paper. Mouth and dentures were carefully rinsed with water and these rinsings were added to the expectorated particles. First, they practised with a medium portion size (spit-out particles from this portion size were not analysed). Then, portions were offered twice in the following order: medium, small and large portions (six study portions in total). The time needed till swallowing was registered as well as the number of chewing strokes utilised.

The collected particles were air dried before sieving. Particles were sieved on a stack up to 12 sieves, with apertures decreasing from 5.6 to 0.5 mm and a bottom plate during 14 min (Laboratory Sieving machine VS1000, F. Kurt Retsch GmbH & Co. KG, Haan, Germany). The amount of test food was weighed for each sieve and for the bottom plate as well as the total amount of collected test food. For each portion, the median particle size ($X_{50}$) was calculated (Olthoff et al. 1984; van der Bilt et al. 1993a).

Statistical procedures
Statistical analyses were performed on the number of chewing strokes, time till swallowing, chewing rate [number of strokes per minute] and median particle size. Repeated-measures ANOVA with Greenhouse–Geisser as the correction factor was performed to study the effects of treatment [denture type], gender, repetition and portion size. Treatment and gender were included as between-subject factors and repetition and portion size as within-subject factors. Post hoc tests were conducted to clarify the differences. Pearson’s correlation coefficients were calculated between first and second measurements. $P < 0.05$ was considered to be significant.

<table>
<thead>
<tr>
<th>Table 1. Number of subjects and treatment groups according to gender</th>
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<tbody>
<tr>
<td><strong>Treatment groups</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td>Transmandibular implant</td>
</tr>
<tr>
<td>Two IMZ implants</td>
</tr>
<tr>
<td>Complete dentures</td>
</tr>
<tr>
<td><strong>Total</strong></td>
</tr>
</tbody>
</table>

*Ten complete-denture wearers had received dental-implant treatment between the 1- and 4-year follow-up period.

Results

Effects of denture type
Repeated-measures ANOVA indicated no interactions between treatment, gender, repetition and portion size. No statistical difference was observed in the number of chewing strokes, the time till swallowing and median particle sizes among the three treatment groups [all $P$-values > 0.187, Table 2]. However, chewing rates differed ($P = 0.05$). Post hoc tests revealed that complete-denture wearers chewed their food at a lower rate than the two implant groups.

Effects of gender
The effects of gender were limited. No differences in the number of strokes, time and chewing rate were observed between men and women [all $P$-values > 0.179, Table 2]. Only the median particle size ($X_{50}$) was significantly influenced by gender, i.e. men would have swallowed smaller particles than women (Table 3).

Repitition of measurements
High measurement–remeasurement correlations existed for all swallowing-threshold parameters [i.e. $0.82 < r < 0.95$]. Nevertheless, there was a significant effect of repetition on these parameters [all $P$-values < 0.024, Table 2]. There was a shift towards a more careful food processing at the second measurement occasion, including more strokes and more time needed, which results in smaller median particle sizes (see Table 4). Furthermore, subjects chewed the second time at a higher chewing rate.

Effects of portion size
Repeated-measures ANOVA showed a significant effect from portion size on the number of chewing strokes, time till swallowing, chewing rate and median particle size [all $P$-values < 0.048, see Table 2]. Subjects needed more strokes and time to chew larger portion sizes of Optocal Plus. They decreased their chewing rate from 85.6 ± 15.8 to 82.7 ± 14.7 strokes/min (whole population). Nevertheless, with larger portions they achieved less particle size reduction before swallowing as demonstrated by higher values of $X_{50}$ (Table 4).

<table>
<thead>
<tr>
<th>Table 2. Significance levels of effects on swallowing-threshold parameters</th>
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<tr>
<td><strong>Treatment</strong></td>
</tr>
<tr>
<td>Number of strokes</td>
</tr>
<tr>
<td>Time till swallowing</td>
</tr>
<tr>
<td>Chewing rate</td>
</tr>
<tr>
<td>Median particle size</td>
</tr>
</tbody>
</table>

Repeated-measures ANOVA was carried out with treatment and gender as between-subject factors and repetition and portion size as within-subject factors. Actual outcomes of repeated measures ANOVA were presented. No interactions existed between treatment, gender, repetition and portion size.

<table>
<thead>
<tr>
<th>Table 3. Effects of gender, repetition and portion size on median particle sizes</th>
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</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Men</strong></td>
</tr>
<tr>
<td>First</td>
</tr>
<tr>
<td>Second</td>
</tr>
<tr>
<td><strong>Women</strong></td>
</tr>
<tr>
<td>First</td>
</tr>
<tr>
<td>Second</td>
</tr>
</tbody>
</table>

Data are presented as mean ± SD. There is a significant effect on the median particle size of gender ($P = 0.01$), repetition ($P = 0.009$) and portion size ($P = 0$, see Table 2).
Discussion

In this study, swallowing threshold tests were performed with an artificial test food called Optocal Plus. For measurements of masticatory performance and chewing efficiency, artificial test foods are commonly used (Omar et al. 1987; Slagter et al. 1992; van der Bilt et al. 1993b; Buschang et al. 1997). They are preferred to natural foods since physical properties such as size, shape and toughness are more reproducible (Edlund & Lamm 1980; Olthoff et al. 1984). A disadvantage compared with natural food is that subjects are not familiar with actually swallowing artificial test foods. Therefore, it is very important to give subjects clear instructions and practice before starting experiments.

The results of the present study demonstrated that an artificial test food could be used for swallowing threshold tests as subjects did feel the urge to swallow. They even increased their effort for larger portion sizes by higher numbers of chewing strokes and needed more time till swallowing, as expected from other studies with different portion sizes (Lucas & Luke 1984; Buschang et al. 1997).

Although measurement–remeasurement correlations were high, effects of repetition on swallowing threshold parameters were significant. Comparisons between first and second measurements showed a more careful food processing for the second measurement with more chewing strokes and time till swallowing. There might be a learning aspect involved. Normally, it is necessary to repeat measurements in order to produce stability in the data and reduce the variation that normally exists in these types of measurements (Jiffry 1983; Lindquist & Carlsson 1985; Haraldson et al. 1988). However, the results of this study showed no statistical interaction between repetition and the other variables. This meant that both measurements revealed the same effects of treatment, gender and portion size on the swallowing threshold. Thus, in this case one measurement per portion size would have been sufficient to study the effects on the swallowing threshold.

In our study, gender differences were observed for the median particle size. Men would have swallowed smaller particles than women. Men seemed to chew their food more efficiently than women, since both men and women used the same number of chewing strokes and time till swallowing. Although there are many factors that influence chewing efficiency, these men can be expected to chew their food more vigorously, as they exerted significantly higher bite forces than women (Fontijn-Tekamp et al. 1998).

The effects of treatment on swallowing thresholds were rather limited: only chewing rates were different for the three treatment groups. Post hoc tests revealed that both implant groups chewed the three portion sizes with a significantly higher frequency than the complete-denture group. For all portion sizes, implant groups had a frequency of about 87 strokes/min, whereas complete-denture wearers reached 75 strokes/min. Similar results were obtained in a within-subject study on masticatory function (Bakke et al. 2002). After implant treatment, subjects had a reduced duration of the chewing cycle (thus a higher chewing frequency) as compared with the results with their unsupported dentures.

No significant effects of treatment were found on the other swallowing threshold parameters, like the number of chewing strokes, time and median particle size. Several studies have demonstrated higher bite forces (Haraldson et al. 1988; Carlsson & Lindquist 1994; Fontijn-Tekamp et al. 1998; Bakke et al. 2002; van Kampen et al. 2002) and better masticatory performance (Carlsson & Lindquist 1994; Geertman et al. 1994; Bakke et al. 2002) after implant treatment. Also, an improved masticatory performance leads to less chewing cycles and time before swallowing (van der Bilt et al. 1993b). Therefore, we had hypothesized that subjects with mandibular implant-retained overdentures would swallow smaller food particles (lower median particle sizes) and needed less chewing cycles and time to prepare the food for swallowing than subjects with conventional complete dentures. We did not observe these differences. Apparently, there is no relationship between how efficient subjects can chew their food (chewing efficiency or masticatory performance) and what they actually swallow (swallowing threshold).

Table 4. Effect of repetition and portion size on swallowing-threshold parameters

<table>
<thead>
<tr>
<th>Portion size</th>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
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<tbody>
<tr>
<td>Number of strokes First</td>
<td>32.6 ± 17.2</td>
<td>38.1 ± 18.3</td>
<td>45.2 ± 20.5</td>
</tr>
<tr>
<td>Second</td>
<td>34.2 ± 18.6</td>
<td>41.8 ± 21.9</td>
<td>50.6 ± 26.5</td>
</tr>
<tr>
<td>Difference</td>
<td>-1.6 ± 7.2</td>
<td>3.7 ± 10.4</td>
<td>-5.4 ± 10.1</td>
</tr>
<tr>
<td>Time till swallowing First</td>
<td>23.9 ± 14.9</td>
<td>29.2 ± 17</td>
<td>34.9 ± 17.4</td>
</tr>
<tr>
<td>Second</td>
<td>24.5 ± 15</td>
<td>30.6 ± 18.8</td>
<td>37.3 ± 22.2</td>
</tr>
<tr>
<td>Difference</td>
<td>-0.6 ± 4.6</td>
<td>1.5 ± 7.8</td>
<td>-3 ± 7.8</td>
</tr>
<tr>
<td>Chewing rate First</td>
<td>84.8 ± 16.1</td>
<td>81.8 ± 15.2</td>
<td>81.5 ± 14.8</td>
</tr>
<tr>
<td>Second</td>
<td>86.3 ± 16.4</td>
<td>84.9 ± 15.3</td>
<td>83.9 ± 15.3</td>
</tr>
<tr>
<td>Difference</td>
<td>-1.5 ± 7.4</td>
<td>3.1 ± 8.6</td>
<td>-2.4 ± 6.3</td>
</tr>
<tr>
<td>Median particle size First</td>
<td>3.17 ± 1.2</td>
<td>2.87 ± 1.18</td>
<td>2.94 ± 1.16</td>
</tr>
<tr>
<td>Second</td>
<td>2.53 ± 1.1</td>
<td>2.69 ± 1.17</td>
<td>2.77 ± 1.11</td>
</tr>
<tr>
<td>Difference</td>
<td>0.1 ± 0.5</td>
<td>0.2 ± 0.7</td>
<td>0.2 ± 0.5</td>
</tr>
</tbody>
</table>

*Difference is expressed as the difference between the first and second measurements. Data are presented as mean ± SD. There is a significant effect on the four swallowing-threshold parameters of repetition (all P-values < 0.024) and portion size (all P-values < 0.048, see Table 2).
soit des prothèses complètes conventionnelles soit des prothèses sur implants mandibulaires (implants cylindriques transmucaux et transmandibulaire). Les tests ont été menés sur 52 femmes et quinze hommes (moyenne d’âge 59 ans) quatre années après le traitement dans un essai clinique contrôlé et randomisé. Les résultats ont indiqué que le degré de support mucaux pour la prothèse mandibulaire n’affectait pas le nombre de mouvements de masti- cation, le temps avant la déglutition ou la taille de la particule avalée. Seul le taux de mastication différant : les sujets portant une prothèse sur implant mâchaient la nourriture à un taux supérieur aux porteurs de prothèses complètes conventionnelles. Avec des portions plus larges, les sujets nécessitait significativement plus de mouvements de mastication et de temps jusqu’à la déglutition et ils auraient avalé des particules plus larges. Les hommes mâchaient leur nourriture avec plus d’efficacité que les femmes vu qu’ils utilisaient le même nombre de mouvements de mastication et de temps mais arrivaient à une réduction de taille des particules plus importante au moment de la déglutition.

Zusammenfassung

Grenzwerte beim Schlucken während des Kauens von Portionen mit verschiedenen Größen mit implantatgetragenen Hybridprothesen im Unterkiefer


Resumen

Hemos analizado el efecto de 3 tallas de porciones de Optocal Plus [pequeña, media y grande] en los umbrales de deglución en sujetos tanto con dentaduras postizas convencionales o sobredentaduras implantosportadas (implantes cilíndricos transmuco- sos y permucosos). Se llevaron a cabo pruebas en 52 mujeres y 15 hombres (edad media 59 años) cuatro años tras el tratamiento en un experimento aleatorio clínicamente controlado. Los resultados indican que el grado de soporte mucoso para la dentadura mandibular no afectó al número de chasquidos de masticación, al tiempo hasta la deglución o al tamaño de la particula deglu- tida. Solo el ritmo de masticación difirió: los sujetos portadores de sobredentaduras implantosportadas masticaron la comida a un ritmo mayor que los usuarios de dentaduras completas. Con tallas de porciones mayores, los sujetos necesitaron más chasquidos de masticación y tiempo hasta deglutir y hubiesen tragado partículas mayores. Los hombres masticaron su comida más eficientemente que las mujeres, usaron el mismo número de chasquidos masticatorios y de tiempo pero lograron una mayor reducción del tamaño de las partículas en el momento de la deglución.

References


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