

SS01-5 **Application of Umami taste stimulation to remedy for hypogeusia based on reflex salivation**

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Enjoying tasting should be one of the greatest pleasures for the human life. However, aging is sometimes associated with decreased sensitivity to tastants, i.e., hypogeusia. The loss of taste sense induces not only decreased QOL but also weight loss or health problem in the elderly. Our recent study has shown that 37 % of the elder persons over 65 years old have hypogeusia. Further, whole saliva secretion including minor salivary secretion was significantly decreased in the gustatory impairment elderly, while it was normal in all of the elderly with normal taste thresholds, indicating that hyposalivation is closely related to hypogeusia. Moreover, the clinical studies have shown that the treatment for hyposalivation improves hypogeusia. Thus, salivation is essential to maintain the normal taste function. Many of medications for relief from the dry mouth, such as primarily parasympathomimetic (cholinomimetic) drugs, have serious adverse events such as palpitation, sweating, nausea, diarrhea or dizziness particularly in the elderly. To circumvent this problem, we try to use glutamate, one of umami taste, to increase salivary secretion and to improve hypogeusia on the basis of the recent research. Umami stimuli might be an effective method for the improvement of hypogeusia through improvement of hyposalivation without side effect in the aged patients. Consequently, attempts for improvement of hyposalivation should be made to remedy hypogeusia to maintain and promote the elderly' health.