

Dementia and Lip Trainer Patakara

The Recovery Story of 88-year-old Grandma S



Before Lip Training

Three months prior to leaving the hospital, 88 year old Mrs S found herself asking why she was at a hospital. She did not remember she was admitted due to dementia.



After 8 Months Lip Training

It was only after asking her family did she find out that she was diagnosed with dementia.

Up until she was able to leave the nursing home, neither her family nor the caretakers believed that dementia could improve. Before this, she also could not remember at all when she started to live at the nursing home (her memory for the previous eight to ten years was a complete blank).

She does not remember when she started to show symptoms of dementia. She only remembered that when she was going to get the newspaper for her family one morning, that she suddenly forgot the way to the mailbox. Yet the same situation did not occur again. It was when she had almost forgotten about the incident that the same symptom occurred again. This time it happened when she became lost on the road that she was extremely familiar with, close to her home. She could not remember the way home but luckily she ran into her next door neighbour who helped her return.

Thereafter, this sudden memory loss occurred many more times. She thought if she told her son about this he would just say 'Mum, you must be suffering from dementia', so she tried to conceal this and not let her family feel that she was abnormal.

However, she became more and more worried and anxious. She would gradually get into conflicts with her family because of little things. When she wakes up and wanted to go to the kitchen she could not remember how to. When she wanted to go to the toilet she also did not know where the toilet was and when she could not hold the urge,

she would just let it out, and so on. At that time, the fear that she felt inside was indescribable.

Her first contact with Lip trainer: Patakara at the hospital

Six months ago, she received a phone call from the nursing home to say: 'There is a type of oral cavity muscle training device, Patakara. There is no need to spend money but there is no guarantee on the outcome, if you want to try'. The caretaker said that you only need to put the Patakara between your upper and lower lips and just close your mouth. To be honest, when I first saw it I was sceptical that something so simple could cure something like dementia, which so far had been incurable.

According to the caretaker's explanation, when using the Patakara and your lips close over it, it will increase the lip muscle's burden below the lip's skin. This effect will stimulate the facial muscles linked to the oral cavity muscles. In particular, the forehead's muscle will be affected the most. This will stimulate the forehead muscles to promote heat and increasing blood flow in the frontal lobe on the right side of the brain. The outcome so far has gained proof from using the infrared imaging machine.

Yet, the principle in the following part that is to be discussed is unclear. It has been reported that from a long time ago, we knew that blood flow is lesser in the frontal lobe on the right side of dementia residents. However, there has been no evidence to prove that it is precisely because of lesser blood flow in the frontal lobe on the right side that causes dementia. Although we can prove that Patakara can increase blood flow in the frontal lobe on the right side, we cannot guarantee that it can cure dementia, as up to this point no one has tried it.

Then I asked the caretaker: 'Does it hurt a lot when using Patakara?' The caretaker smiled and replied: 'No, I heard that the stretching of the facial muscle can also eliminate the loosening condition of the face. So I also use it every day. It simply involves placing the Patakara in between the lips and closing the mouth. It does not hurt one bit. Apart from that, many people use Patakara to let their oral cavity muscle strength increase to improve snoring.' After listening to the explanation, I agreed to try.

This was the turning point that enabled my entire family's lives to return to what it was before. It was the beginning of something that nobody in the world could imagine. According to the caretaker, before helping my mother-in-law test/measure her oral cavity strength, the chief of the nursing home told my mother-in-law: 'Ms S, to help you recover quickly we invited a doctor from Tokyo to see you.' At that time, my mother-in-law said with her head down: 'My head is already damaged, there is no

hope'. This is the condition under which my mother-in-law started to use Patakara to increase blood flow.

Other than my mother-in-law there were three other residents, aged between eighty-seven and ninety-four years old, that also participated in this project.

Grandma S's recount of the experience

A young man called Mr T came to help me every day with Patakara training. I was like an living dead person. It was that young man who helped me to feel alive again. Yet, at the start of the first month I did not know anything. I was completely passive.

Afterwards, I heard that it was about after one month and a half that I started to be able to do the training exercises myself. In fact, after about one month, I cannot exactly describe that feeling but when I woke up and felt that my brain had improved. That kind of feeling was really indescribable but I just knew that it had improved. I was very happy that my brain function had recovered, leading me to look forward to the young man to come to see me.

The caretaker would come to see me once or twice everyday and the language and hearing instructor would sometimes come to see me once or twice. That young man would always come once every day to guide me with my training exercise. After doing the Patakara training exercises for two months, my memory became clearer.

Sometimes when I saw Mr T come and did not come directly to see me but went some other place first, I would get jealous and deliberately gave him a hard time.

After three months, even if I did not wear a nappy I would not urinate everywhere. I can then go to the toilet myself and also knew that I was not a baby, and so I did not need to wear a nappy. At the same time, I became more active and wanted to have showers. Previously, when I wanted to take a shower, I did not know how to get to the bathroom or whether the clothes I was wearing were clean or dirty. I can now go to the bathroom to take a shower by myself and after taking a shower I can also put on my own clothes.

Below is an account by the young man Mr T who devoted the most to Grandma S's rehabilitation

The first time I saw Ms S was when I went to test/measure her oral cavity strength before she started using the Patakara. She would have her head down and not want to talk nor respond to anyone. At the time, Grandma S's oral cavity opening and closing strength was 2.4N. The second time it was 1.0N and the third time it was 1.8N. Her measurements were unstable (for a normal eighty-year old woman, her opening and closing strength should be an average of 5.6N-5.8N). The ears would send a signal to

the brain to close the mouth but the brain is unable to process this signal, so the message delivered from the brain is unclear and so this may also be the reason for wanting to close the lips but unable to do it accurately.

At first I was very worried about whether or not Grandma S was willing to do Patakara training. After hearing from her, I knew that up until then Grandma S did not have a job, apart from being the wife of a fisherman. She also managed a convenience store. She was someone that did everything actively. It was after observation that I realised, for someone who was used to making decisions on everything, she seemed disappointed, after being diagnosed with dementia. Yet, when confronted with new things she was more daring to try and take up the challenge. In fact, whether it's someone with impaired mental faculty or someone with dementia, most people with brain disease are rather undecided at first, when someone wanted to put something into their mouths. But Grandma S is someone who can quite easily accept someone to put a Patakara in her mouth. This attitude of hers has led to her steady progress and eventual recovery.