Lip Closure Strength (L-C-S)

First discovered by Dr Akihiro and from the results of extensive research conducted in Japan, it has become apparent that the Lip Closure Strength (LCS) is a good indicator of the health status of a person.

The following is the Conclusion portion of the monograph entitled, ‘Basic and Clinical Subjects of Myofunctional Therapy Using a New oral Rehabilitation Apparatus’, which was published in The Japanese Journal of Conservative Dentistry, Vol 46, No. 5 (2002). The charts are also taken from the monograph to illustrate the data mentioned. To view the complete monograph, please refer to ‘Basic and Clinical Subjects of Myofunctional Therapy Using a New oral Rehabilitation Apparatus’ which can be found under ‘Research/Reports’.

Conclusion

1. It is observed that L-C-S shows positive development similarly for both male and female in their age bracket of 3~6 yrs old, however, the male subsequently develop higher L-C-S value than that of the female. The development of L-C-S continues, but halts by the time people reach at 18~20 yrs old regardless of gender. The values are close to 14N for male and 12N for female.

2. There have been observed 2 different peak values of the male L-C-S: 14N for the male in their 20's and 16N in their 30's~40's.

(Figure 5) Labia Closure Strength change for youth

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3. L-C-S starts to deteriorate around age 60 regardless of sex. It finally reaches 5~7N in their 80's, which is as low as the value for 3 yrs infant.

4. The average L-C-S value for healthy male adults is about 14~17N while that of the sick male adults is nearly 10~14N. As for the female adults, L-C-S for the healthy is about 12~14N while that of the sick is nearly 8~10N.

5. Each sick group in every age bracket between 3~59 yrs old, who has diseases or symptoms such as oral respiration, tonsillitis, adenoiditis, atopy, asthma, sinus, snoring and lifestyle-related diseases, indicates lower L-C-S value by 3~4N than that of the each healthy group respectively regardless of sex. We have here clearly recognized that there are significant statistical differences of L-C-S account.
for 10~40% of every age bracket, male and female irrespectively, and the prevalent rate goes up in accordance of age.

6. People who are suffering from severe illness show significantly lower L-C-S than the healthy others in the same age bracket.

7. L-C-S is an effective value indicator for the purpose of watching the conditions and risks of respiratory system and immune system. It has high potential to be one of the parameters to make assessment of the health of the oral environment.

For the first time, our research has not merely identified the standard values of L-C-S in every age bracket of both genders but has also disclosed that the groups with lower values of L-C-S have contained, among themselves, a proportionally large number of people suffering from disorders in oral cavity and pharynx (oral respiration, tonsillitis and adenoiditis) as well as allergic disorders (atopy, asthma and sinus). We are quite confident that Oral Rehabilitative Device LIP TRAINER [Patakara®] has high potential to prove it to be therapeutically an effective medical treatment (Figure 15) for those people who are suffering from many health problems which have mainly been induced by lower L-C-S.

The oral myofunctional rehabilitation by applying LIP TRAINER [Patakara®] will be an essential therapy which strengthens L-C-S. We hope that this device is going to be an indispensable tool for everyone that wishes to live a long and healthy life.

The average Japanese life span is now above 80 yrs and the society in Japan will be a hyper-aged society in the 21st century. Making a better life such as enjoying food and talking to all friends with smile is everybody's aspiration. The role which the medical dentistry should play in clinical fields will be so increasingly crucial in view of maintaining healthy oral functions such as smooth saliva circulation, appreciation of food taste, smooth mastication and swallowing.

Last of all, we appreciate it very much from the bottom of our hearts if many researchers and clinicians may further scrutinize and evaluate the significance of L-C-S in the near future.