The Frequency of Candida and Staphylococcus Colonization in the Oral Cavity of the Elderly

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Abstract

Background and objectives: Poor oral hygiene in elderly people increases the colonization of opportunistic pathogens such as *Candida* and *Staphylococci*. The presence of yeasts and bacteria in the oral cavity of elderly people can be harmful and in certain conditions may cause oral and systemic infections. The general purpose of this study was to determine the prevalence of *Candida* and *Staphylococcus* species in the oral cavity of elderly people in Yazd**.**

Materials and methods: Oral Saliva was aseptically collected from seventy-two elderly individuals and cultured on selective fungal and bacterial media. The density of isolated microorganisms Such as *Candida* and *Staphylococcus* species was determined base on the biochemical and microbiological tests.

Results: Fifty- eight percent of *Candida* species isolated from 50 (69.4%) of the subjects were C*andida albicans* .Seventy point eight percentage of *Staphylococcus* species isolated from 65 (90.3%) of elderly are Coagulase negative. The *Candida* colonization in denture users is significantly higher than the elderly without denture (p= 0.001). *C. albicans* and the Coagulase negative staphylococcus are the most prevalent microorganisms isolated from elderly oral cavity in this study.

Conclusion: The elderly have a higher risk of opportunistic bacterial and fungal infections. Their oral health care should be improved to protect them from opportunistic infections.

Key words: Elderly**,** *Candida*, *Staphylococcus*, oral cavity**,** Yazd