

See everything; overlook a great deal; correct a little.
~ Pope John XXIII

Reports show that over 20 million Americans have lost their teeth and now wear dentures. Did you know that 51 percent of Americans ages 55 to 64 have either full or partial dentures? Furthermore, 29 percent of Americans ages 45 to 55 wear dentures. These statistics are staggering considering the advances in dental education and technology, however these are the facts. The problem with this fact is that most people who have dentures do not realize that dentures do not last forever. In fact, most dentures wear down, loosen, or become ill-fitted after even five years of use causing many problems for your overall health.

Do your dentures move while eating or talking? Do you need adhesive or Fixodent to keep them stable? This should not be acceptable to you. Having dentures does not mean that your dental "future" is over. With the

advances in dentistry, you should have properly fitted dentures that allow you the luxury of eating, talking with confidence, and an overall high quality of life. Furthermore, by not addressing a loose denture, you are causing many other issues for yourself that you may not be aware of.

Health Concerns of a bad fitting or old denture.

- **Unbalanced pressure applied to gums and bone and accelerates bone resorption and deterioration.**
- **Teeth of denture start to flatten out or dish out not allowing proper function of chewing.**
- **Bacteria and fungus becomes embedded in the denture causing inflammation and infection in the mouth.**
- **Poor digestion and health due to lack of proper chewing and limited food choices.**

Signs of a poor fitting denture.

- **Loose fitting.**
- **Moving around when eating.**
- **Moving around when talking.**
- **Staining of denture that is not removed with soaking.**
- **Bad odor associated with denture.**
- **Flattened teeth or worn down surface of denture.**

People who have been living with dentures know how difficult it can be eating certain foods. This difficulty increases drastically when the dentures start to loosen causing movement in the mouth. At this point, a person has two choices:

1. They can have a new proper set of dentures made that fit well and are stable when eating and talking.
2. They could have dental implants (artificial roots) placed that stabilize their present denture allowing proper function and stability.

Not only will dental

implants make dentures fit better, it will be like they have their original teeth back in their mouth.

People with removable dentures have extreme difficulty eating many foods and they may slip or cause embarrassing clicking sounds while speaking. Placing dental implants underneath the denture secures their appliance

down and allows them to eat the foods that they used to and completely increase their overall quality of life. John Hopkins University states that one of the best things a person can do to be healthier is to have dental implants placed to stabilize their denture. A person with dentures functions at approximately 10 percent of the total function. After placing dental implants, this function is increased to 90 percent.

Having properly fitting dentures is very important for proper oral health and overall nutrition. Whether you have a new set of dentures made, or if you are a candidate for dental implants, this will improve your overall health and quality of life. Dentures should not move while talking or eating, and should not require adhesive to function. If you are experiencing any of these issues, you may want to consider being evaluated for new dentures or securing the ones you have with dental implants. Either option will vastly improve your health and quality of life.

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Dentally Speaking
by
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Have a heart that never hardens, a temper that never tires, a touch that never hurts. ~ Charles Dickens