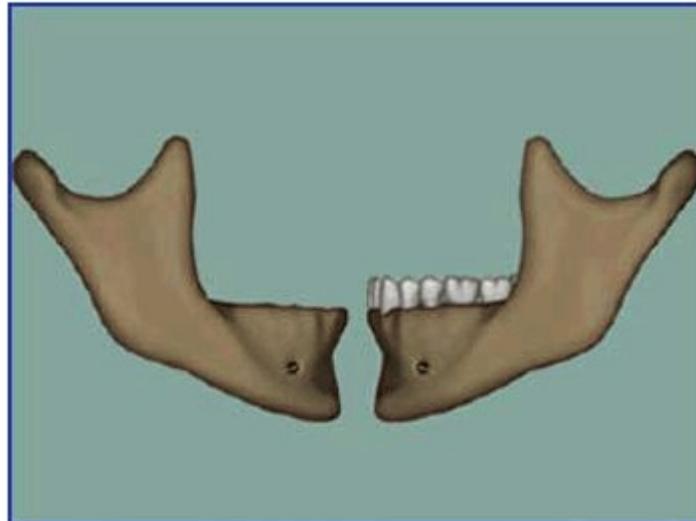


## **If you are missing teeth, you are losing jaw bone structure!**

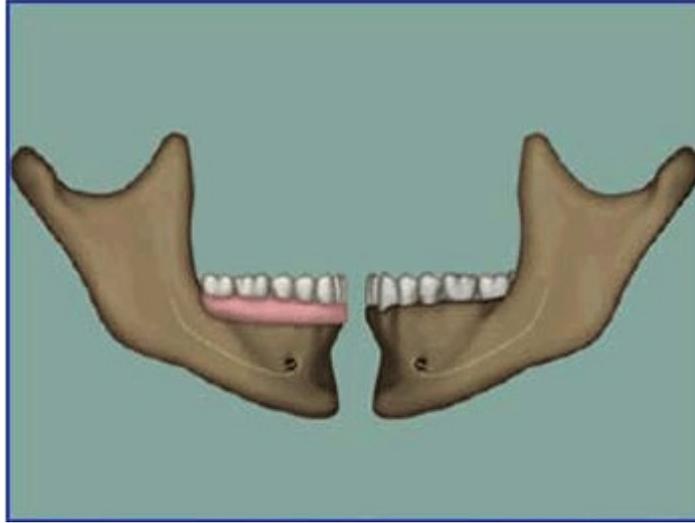
If you have worn a denture for a few years, you already know about bone loss. The reason your denture doesn't fit like a year ago, is that you don't have the same jaw bone structure to support it. When you go back to the dentist they relin it, and then a year later (or sooner) you are back again. Major bone loss as a result of wearing a denture is not a myth. You witness it each time your denture doesn't fit as well as it did just months before. The denture structure didn't change, your jaw bone did! If you continue to wait you will lose enough bone that you will never be able to get a denture to fit satisfactorily. Think about it. Once enough jaw bone is gone, what will the denture anchor to? If you think it will get better down the road, think again. The more bone you lose the worse your denture experience will be. Less bone means you will have fewer options if any for a permanent replacement. Talk a dentist and find out if you are a candidate for dental implants. This procedure will stop the bone loss NOW!

### Effects on the Jaw Bone by Wearing a Full Denture

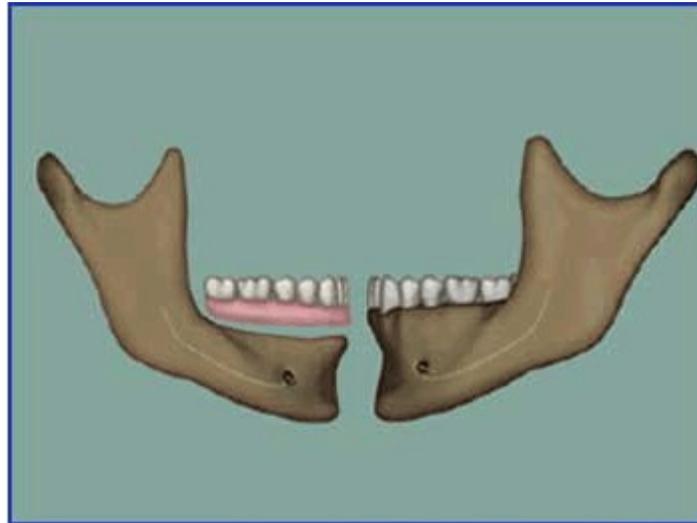
Loss of the teeth



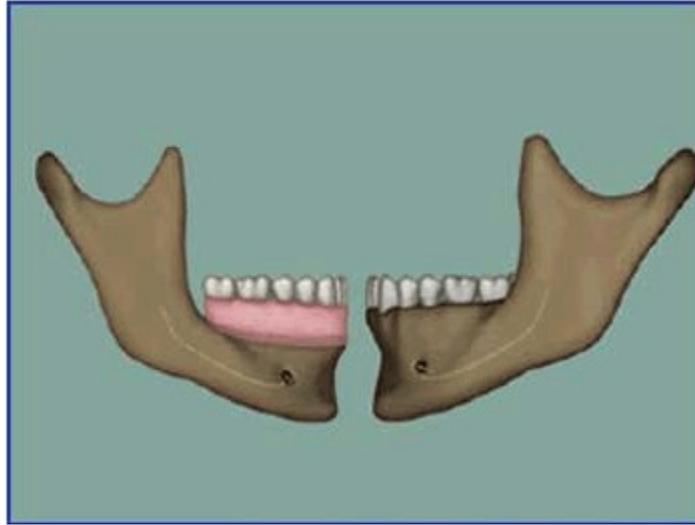
In goes the denture  
Up to 40% of the jaw bone is usually lost in the first 6 months.



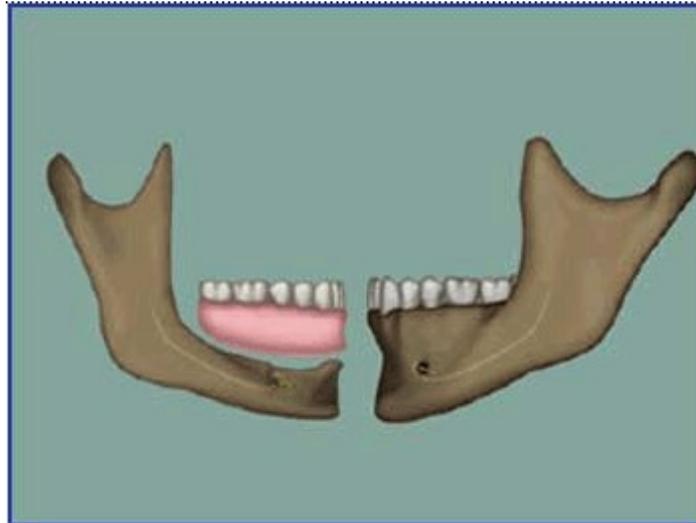
Continual “pounding” of the jaw bone causes more jaw bone to be lost. The “denture” is made bigger with either a reline or a new denture as the bone disappears.  
The “denture” is again too loose now that more bone has dissolved.



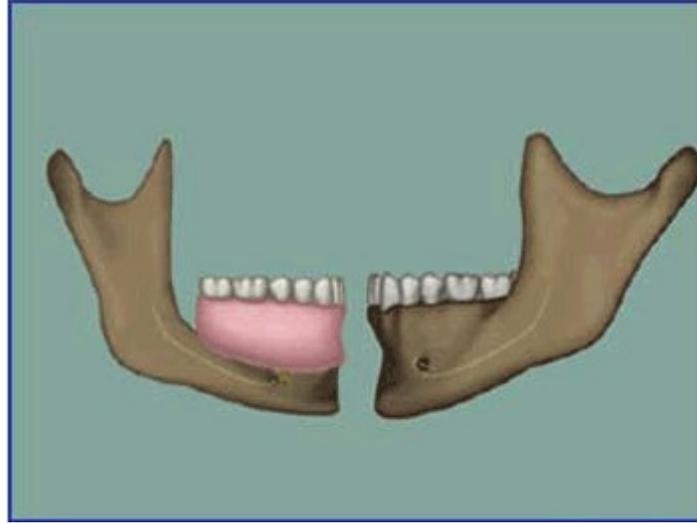
Once gain, the denture is made bigger to compensate for the missing bone.



And, yet again the bone has continued to go away. Notice the small circle. That is where the nerve that normally runs deep inside the jaw becoming exposed and lying just beneath the gum tissue.



Finally, once the nerve is exposed and the denture is relined again, the denture puts pressure onto the exposed nerve causing pain or numbness—ouch!



### **Annual Examination**

At least once a year, you should make an appointment with your dentist for a thorough examination of your entire mouth. Such an examination provides your dentist with an opportunity to correct any problems that may have appeared due to natural and progressive changes in your oral structures that can cause shifting of the dentures, undue pressure on supporting ridges, or damage to oral structures and bony projections.

This step is crucial to maintaining correct alignment of your dentures as well as good oral health and healthy ridges. In addition, regular professional cleaning and polishing will help to prevent disagreeable tastes and odors from forming on your dentures.