

“Simple Strategy Lets Denture Wearers Eat All the Foods They Love”

As I walked into the exam room my patient put her phone away and sighed.

“Something wrong?” I asked.

She smiled ruefully. “We’re having a cookout this weekend and Rob just texted me to say his dad is going to come.”

I must have looked surprised so she continued. “Don’t get me wrong. It’s not that I don’t like Rob’s dad. I like him a lot.”

She frowned. “It’s just I know he won’t eat a thing I’m serving.”

“Are you making something exotic?” I asked, figuring her father-in-law might not like some of today’s more adventurous dishes.

“No,” she said. “Just corn on the cob, salad and big thick steaks. All things he used to really love. But now all he likes is dessert.”

She chuckled. “Rob says his dad thinks the four main food groups are cake, pie, ice cream and more ice cream.”

“That can’t be good for him,” I said.

“I know,” she agreed. “And it shows. He’s lost weight and he looks a lot older.”

What she was saying sounded all too familiar, so I asked if her father-in-law wore dentures.

A Common Problem

She nodded. “I think he’s worn them for ages – but I never actually noticed them until about a year ago. That’s when they started slipping sometimes when he talked. Of course I act like I don’t notice but I can see it embarrasses him.”

She paused for a moment. “Now that I think about it, he’s gotten less outgoing, too, since that started happening.”

“But otherwise he’s healthy?” I asked.

She nodded. “His doctor says he’s fine.”

“In that case,” I told her, “I’m guessing the problems you’ve mentioned likely started with his dentures.”

She looked puzzled. “But he’s had them for years. What could have changed?”

That’s when I sat down and explained to her that while dentures did a lot of good things – like helping people look better, speak more clearly and enjoy eating a variety of foods – those benefits don’t always last forever.

As we age our mouths change. Our gums and the bones below them can start to recede or shrink. It happens to everyone, but it’s especially true for folks who’ve lost their natural teeth.

What’s more, our jaws can even begin to line up differently, with the result that dentures

don't fit as securely.¹

That can be a serious problem because dentures that don't fit right can cause irritation, embarrassment and pain when the person eats.

"You think that's what's going on with Rob's dad?" she asked.

"I certainly think it's a good possibility," I said, "but fortunately there's a way to help him get back to enjoying eating and socializing again."

I explained that the same technology that made it possible for dentists to replace lost teeth with implants that looked, acted like natural teeth could also be used to keep dentures in place.

The way it works is remarkably simple. Instead of ending in a tooth, each denture implant ends in a small, sturdy male coupling – often a little metal ball. A female coupling attached to the underside of the denture clips over the ball locking the denture firmly in place.

In many cases as few as two of these implants can stabilize a lower denture and keep it from slipping when someone talks or eats.²

With these implants the denture is secure but it can be removed easily for cleaning.

For patients who have lost all their teeth, the process of denture stabilization using implants can be far less expensive than replacing lost teeth with multiple implants and bridges.

What's more, if a person's dentures are in excellent condition, we can often adapt them to work with the implants.

Bottom line: there's simply no reason why anyone should have to put up with dentures that cause pain and embarrassment.

If you or someone you know would like to arrange an appointment to learn about how these implants can make eating – and life – a lot more enjoyable, please feel free to give us a call at

970-625-1696

We look forward to talking with you.

<http://www.ada.org/2996.aspx#overdenture>

<http://my.clevelandclinic.org/dentistry/services/dentures.aspx>