

Problem Solver article 5

Painful Dentures

Synonyms: Denture sore, mouth sores, ill-fitting plates, denture adhesive

Meta Description: Twenty percent of the U.S. population have no teeth by age 60. That means that 30 million people or one third of the U.S. population is edentulous in one or both arches. Dentures are the main answer for replacing missing teeth but they come at a very high price-our bone!

Article Headline: Dentures cause bone loss, sores, wrinkles and lead to decreased longevity. The solutions include seeing the dentist frequently; relining or rebasing loose dentures and having conversations about how to replace dentures with implant stabilized prostheses.

Body Copy:

Millions of Americans have dentures. These large plastic "plates" are removable and need to be removed for 6-8 hours daily to prevent yeast infections, fungus growth and mouth odor. The complete denture is a treatment that is accepted by most patients as they are paid for by insurance companies. The denture patient will have to have reduced taste as the denture covers many taste buds. In addition to this, dentures can move up to one quarter of an inch during normal chewing. This leads to sores, pain, bone loss and exposure of nerve bundles that can lead to sharp pain under dentures.

For these reasons denture adhesive companies sell millions of dollars worth of denture glues each year. The use of these adhesives leads to gummy, gooey, messes that are hard to clean and can lead to upset stomachs and depression.

The first solution is to go to the dentist to evaluate if there are options OTHER than dentures. Sometimes roots can be saved and attachments placed for a root-retained overdenture. Other times, teeth can be maintained to preserve bone and allow partial dentures to hold on to some teeth while other therapies are being considered.

Next we need to realize that dentures are made to last 3-5 years ONLY. After 3 years the dentures are getting looser and need to have fresh acrylic placed into the denture to accommodate the changes that are occurring inside a denture wearer's mouth. The use of dentures and their movement means that gums shrink, bone goes away under dentures and over time nerves get exposed leading to more sores and more shrinkage. So relining or rebasing dentures will make the dentures fit better and decrease bone loss and sores over time. So to prevent pain, sores and faster

bone loss patients should see their dentists regularly and whenever possible ask about implant options to stabilize dentures or upgrade to fixed teeth and get rid of the dentures all together.