

## **Denture Health and Oral Health are both Essential**

Most people know that you need to take care of your natural teeth, but not everyone realizes that you also need to treat your new dentures with the same level of care. A well-fitting and functioning denture can improve your confidence and quality of life.

The comfort and fit of your denture is affected by the health and quality of the tissues underneath. This is one of the reasons why it is important that you take care of both your oral health and denture health.

Some simple tips include:

- Regular denture home care routines, like proper cleaning and storage
- Using the correct products to clean and maintain your dentures
- Having regular oral examinations and denture assessments
- Discussing any denture discomfort or issues with your prosthodontist
- Removing your dentures for at least 6-8 hours each day

Ill-fitting dentures can negatively affect chewing and speech, and can lead to soreness or irritation of the oral tissues and denture-related oral infections. Excessive use of denture adhesives can also affect your health and even mask potential problems.

As a prosthodontist, I can help with all these concerns. With three years of training beyond dental school, I specialize in the health of restored teeth. Current trends for denture fabrication involve digital techniques that can provide a superior quality denture, improved fit, and a high quality acrylic material.

April 18-24, 2021 is National Prosthodontics Awareness Week, a great time to visit a prosthodontist to have your denture evaluated. Visit [GoToAPro.org](http://GoToAPro.org) to learn more about what a prosthodontist can do for you.

Sincerely,

Name with credentials

Prosthodontist

City, State