

Take Your Dentures on an Adventure... to the Dentist's Office!

If you have dentures, you may wonder whether you need dental checkups. The answer is YES! Dentists deal with more than just teeth, and there are important things they can do for you if you have dentures, including the following:

- Making sure your dentures fit right. The way your dentures fit can change over time. Dentures that don't fit right can be uncomfortable and make it hard to eat. If your dentures aren't fitting properly, your dentist can adjust them. Don't try to do this on your own!
- Talking with you about how oral health relates to your overall health. Poor oral health puts you at risk for things like heart disease and endocarditis (an infection of the heart's inner lining). And, if you have diabetes, it can lead to poor blood sugar control.
- Examining your mouth and gums. Your dentist can spot early signs of oral cancer as well as throat, tonsil, and tongue cancer. She will also check for signs of osteoporosis (bone and tooth loss), HIV / AIDS (lesions in the mouth), and Alzheimer's disease (worsening oral health). Many people with dentures are older, and the risk for many of these conditions increases with age. This makes being checked by a professional extremely important.



So, get those dentures to the dentist for an annual exam! Your smile—and your health—will be better for it!

Sources: American Dental Association, Mayo Clinic

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