

Dental Care and Denture Fitting

Dentures nearly always feel strange when first fitted. And it takes a while to learn how to be completely comfortable while eating with them. But after the adjustment period, they work very well for a great many people.

Eating is easier with new dentures if:

- Starts with soft foods that are easy to chew
- Avoids sticky foods, like peanut butter
- Cuts her food into small pieces
- Concentrates on chewing slowly and thoroughly

You should also be a little wary while eating, because dentures often reduce sensitivity to heat and to sharp objects, such as fish bones.

It's important that you insist on a good fit. Ill-fitting dentures can cause internal irritations, sores, and even bleeding. From one year to the next, your dentures may require adjustments as your mouth changes shape (perhaps due to shrinkage of the jawbone and gums, for example).

Cleanliness is also very important with dentures. Accumulated food and bacteria cause stains and odors. At least once a day, you should brush all the denture surfaces with a cleanser. When you sleep or nap, you should soak your dentures in a cleansing liquid.

You should also brush her gums, tongue and palate every day with a soft-bristled brush. This brushing removes plaque and stimulates blood circulation within the mouth.

Incidentally, dentures do not eliminate the need for dental care. You will need to regularly see a good dentist, who will examine your gums, tongue and jaw for problems, including oral cancer.

As an alternative to dentures, implants can be a safe and effective approach to tooth replacement. Dental implants are not always preferable to dentures, though. For one thing, the process requires setting small metal rods into the jawbone, and fastening false teeth to the rods. This takes a year or more, and costs a bundle. Also, because of the shape or size of their jawbones, some people are poor candidates for implants. You should talk to a specialist, who can help you decide which way to go.

Healthy Tips



Tips On High Cholesterol

Not all types of cholesterol are the same. High density lipoprotein (HDL) cholesterol can actually protect against heart disease and so is thought of as "good cholesterol." Low density lipoprotein (LDL) cholesterol is the "bad" kind that builds up to cause blockages in blood vessels, leading to heart attack, stroke or other problems. Total cholesterol is a combination of HDL, LDL and triglycerides.

When there is too much bad cholesterol in the blood you can be at risk for heart disease. Contact your health care professional for your individual cholesterol goals based on your risks. Preventive Measures

- Discuss with your doctor whether you need medicine to help lower your cholesterol level
- Read labels on food packages
- Eat low-fat, low-cholesterol foods - the American Heart Association recommends limiting cholesterol in your diet to 300 milligrams per day
- Lose weight if you are overweight
- Discuss an exercise program with your doctor
- Stop smoking.

Source: [Francine Moskowitz](#) [Robert Moskowitz](#)