

## Missing your teeth?

As you get older it is often the case that dental decay or gum disease can be the cause of you losing some or all of your teeth.

And that means gaps.....

Gaps are not just unsightly but they can be the cause of problems with the remaining teeth. These can include-

- drifting of teeth
- problems with chewing
- cleaning / food trapping
- and even problems with speech.



One hard candy too many !

But you don't have to put up with gaps. There are a range of solutions to suit every ones individual needs and budgets; Denture, Bridge, or Implant.

Dentures are metal or plastic and fit around the remaining teeth. They are a cost effective method of replacing missing teeth and can remarkably improve the visual appearance of your smile. However, as they have to be removed at night and for cleaning, they have to be treated quite differently from your 'real' teeth and may not suit everyone's lifestyles.

Bridges are porcelain teeth that are fixed in place by being attached to the remaining teeth. A bridge again can provide an effective solution to filling a gap and unlike dentures is permanently fixed, so does not require removable for cleaning. As a bridge has to be attached to adjacent teeth, this can mean the sacrificing of previously healthy, unrestored teeth to provide this support.

Implants are a solution that have been developed over the last 40 years to improve upon the alternatives of both dentures and bridges. They are permanently fixed and provide a manmade solution to the problem of missing teeth that is as close as nature as possible.

Implants are man-made Titanium replacements for the tooth roots that have been lost. They behave exactly like real roots - even bonding naturally with the jawbone. This is called 'Osseo-integration'. When you lose your teeth the jawbone shrinks- giving an aging appearance; implants can help prevent this process.

Implants can be used in number of different ways to provide you with a unique solution, tailored to fix the individual problems you are experiencing.

If you have no teeth or several teeth missing in a row then you can have several implants placed and a bridge fixed permanently in place. If this is not for you then the placement of just two implants can provide a stable anchor to stop a denture moving.

If you have a damaged tooth that needs to be extracted then it is possible to place the implant immediately at the time of extraction and take impressions to have your new tooth made straight away. This can mean you can have a perfectly restored smile in days.

Implants can be used to replace anything from one missing tooth to a full denture and can replace everything you have lost - from normal chewing ability to a beautiful smile.



Implant in Place



Smile Restored

Speak to your dentist now to find the solution that best suits you.

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#### About the author

Dr Mark Osmond has recently joined Dental Services from an exclusive Private Dental Practice in Harley Street, London. Mark graduated in the UK and completed his postgraduate implant training in California. He has 17 years experience in general dentistry including cosmetic and complex restorative dentistry. Mark has also been an implant surgeon for over 6 years and was a mentor for the Nobel Biocare implant system in the UK, helping to train other dentists.