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How long have you had your dentures?

by Tarvo Puust DD
Innisfil Denture Clinic

I am often shocked, yet not all that surprised, when I hear that some people have had the same dentures for over 10 years... sometimes even 25 years! It leaves me wondering, how can people let something as important as their teeth go on the back burner? Your teeth and your smile gives a lasting impression on people you meet, and it plays a key role in eating, speaking, and even laughing out loud.

I once had a 75-year-old patient who initially came in to see me because he broke his denture. He was convinced that his dentures fit wonderfully and loved the way they looked. I could see that these dentures

were about 20 years old and definitely needed replacing. After a consultation he understood that he should go ahead with the new denture but joked that he would continue to wear his old dentures because they were like an old shoe. He loved them. When he finally received his new denture and put them in for the first time, he still was not convinced, however 2 days later when he came in for his check-up, I had never seen a more pleased patient. He said that he could bite into an apple again and he was able to chew his food much better. He even looked younger because his face no longer had a sunken appearance around the mouth. He hadn't felt that

good in years and he was so happy that he decided to go ahead with it.

Patients such as these leave me wondering, how many other people have also convinced themselves that their dentures fit and function how they are supposed to? Can people really convince themselves that their dentures are actually worn flat, harbouring harmful bacteria and are occasionally even falling out when they are speaking? Are they afraid of change? When I ask for the reason, I hear, "What if it doesn't fit as well as my old ones" or "I might look different and then everyone will know that I have

dentures."

Very few of these individuals realize the severity of wearing old dentures. The most obvious problem that arises from wearing worn dentures is that they begin to feel loose and the back teeth wear flat. In the past you may have been able to eat an apple but slowly you have switched to applesauce without even realizing it. Do you find that you are mashing your food instead of chewing? Has your face developed a sunken appearance? This is all due to your bones naturally changing and shrinking over time. A new set of dentures will not only give your face an instant face-lift but will also give you the ability to enjoy

some of your favourite foods again and laugh out loud without worrying that you will lose your denture.

There are now many different types of new dentures to chose from. When it comes to tooth selection, the teeth look far more realistic than they did 5-10 years ago. Denture specialists are now also setting up the teeth in a more realistic arrangement. At our denture clinic in Alcona Beach, we carry a wide range of teeth that are made up in many dynamic layers for a highly aesthetic appearance. Tooth shades are also highly specific ranging from reddish, brownish or grayish

undertones. These variances are so subtle that most people cannot notice the difference, however once placed in the mouth, the differences become obvious. But there is more to a new set of dentures than the quality of the teeth. There are also advances in how the upper and lower teeth work together with your specific bite.

To set up an appointment to see how your denture specialist can create a new, customized denture for you, call the Innisfil Denture Clinic at (705) 436-1886, located at 958 Innisfil Beach Rd. Alcona (across from the Library)

by Susan Stein
Youth Group

Every Friday evening from 7-8 pm the Cookstown Youth Group meets at the church hall for games, crafts, and music. All young people aged 7 - 13 are welcome to come, to have fun, make new friends.

Sunday, November 5 - Remembrance Sunday, a joint service will be held at Trinity in Thornton at 9:30 a.m. You are also invited to attend the service at St. John's Anglican Church, Cookstown at 11:15 am. Members of the Legion, Guides and

Cookstown notes

Scouts will be present at this service. After the service, a service will be held at the Cenotaph in Cookstown.

Sunday, Nov. 26 - New Members Sunday. If you are interested to join the congregation at this time, contact Rev. Heather as soon as possible - office 458-9701 or res. 458-0385.

Tec We Gwill

On Saturday, October 28, the Tec We Gwill W.I. held a luncheon at the Tec We Gwill Hall.

The occasion was the draw for a quilt, a tablecloth, a ceramic X-Mas tree and a table runner

Lucky ticket holders were Barb Edney, who won the beautiful quilt, Barb Marling the tablecloth, crocheted by Elma Ross), Tracy Parker (tree by Joan Webb), table runner (made by Gladys Fieldhouse) winner - Vera Blakley of St. Mary's.

Entertainment was provided by Kari Jebb Martin, violin, Helen Hamilton's grandson - violin and June Brown - stand-up comedian with great jokes.

All enjoyed the delicious lunch of quiche, salad, cake or a ham plate.

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