



Smile Big Eat What You Want Be a Confident You

by: Bruce Bosler, DDS

Missing teeth? Here are three simple steps to looking and feeling young again.

Did you know that most people over the age of 40 are missing at least one or more teeth? Losing one or more of your teeth can certainly do more than just disrupt your otherwise beautiful smile. It creates an embarrassing gap in your smile, affects your ability to chew properly, affects your diet—and even your nutrition. In addition to these serious issues, there is a factor most people don't know about: tooth loss also causes bone loss.

When a tooth is missing, the jawbone beneath it shrinks from lack of stimulation. Not only does losing teeth affect your smile, it also changes the shape of your face, causing you to look much older.

Have you noticed the way a cartoon caricature portrays a witch? Yes, this is a real look developed over time when many teeth are missing. The sunken cheeks, deeply wrinkled lips and protrusive chin, are from lack of teeth that resulted in BONE LOSS. Bone loss begins the moment you lose a tooth.

Tooth Replacement

A missing tooth can be replaced with a dental implant without altering the healthy adjacent teeth. The first step is a visit to your dental professional. He or she will take a CT scan of your teeth, consult with you and give you professional advice. If you decide to proceed, the next step is to place the implant. An abutment is then attached, providing support for step #3, your final crown.

But does it hurt?

Surprisingly, because of the lack of nerve endings in the jaw bone...no, there is very little postoperative discom-

fort. Rarely do patients need to take the prescribed pain medicine. Tylenol and Advil are sufficient. This is one of the most delightful things about the procedure.

Why choose dental implants?

Dental implants, like natural teeth, stimulate the jaw and prevent bone loss. Dental implants are the new standard of care for tooth replacement. They bond with healthy bone and provide permanent support for dental crowns and dentures. Dental implants look and feel like natural teeth and can last a lifetime. The success rate for implants is 98%.

Plus, with dental implants, healthy teeth are not compromised! This is very different from a bridge, where the dentist must shave down perfectly healthy adjacent teeth to attach the bridge.

Because implants are lightweight, durable, biocompatible and made from titanium, they are the most widely used material in implant dentistry. Titanium is also the most widely accepted material for the human body—this is what is used in hip replacements. Your bone actually integrates into the titanium, bonding with it.

Every day we see people get so excited about their new, natural and beautiful smile. Imagine being able to eat what you want and being confident in your smile. Patients often remark, "I wish I done this a long time ago!"

Implants not only give people a new, beautiful smile, but in many cases a new life. ■

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