

Good Health, Appearance Aided by Proper Dentures

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(This is one of a series of articles on dental health prepared by the Harbor Dental Society, an affiliate of the American Dental Association.)

Ill-fitting dentures can be dangerous.

They can irritate the soft tissues of your mouth, destroy the bone under your gums; they can contribute toward the development of oral cancer.

A recent 20-year study of a group of oral cancer patients bears this out. The

dentists reported that they have found a "significant relationship" between mouth irritations and cancer. Among the causes cited by the researchers were sharp edges on teeth or bridges and ill-fitting dentures.

WHEN FITTED by a dentist, artificial dentures contribute to your good health and your appearance.

Beware, however, of the store-front sign, advertisement or of the announce-

ments of the dental laboratory which reads, "Dental plates — by direct and save. Quick Service. Easy Terms." Beware of the promises of the unlawful operator who guarantees a "perfect fit" and that there is no need to see a "middle man" — the dentist.

BEWARE, because the men who make these promises are dental "bootleggers," operating outside the law, with an annual take from an unknow-

ing and unwary public, estimated in the millions. The dentures constructed by a dentist are made by a professional man who has had six to eight years of college-level study and has passed a state licensing examination to prove his competence.

The licensed dentist has studied the anatomy of the mouth. He understands how to examine and analyze the soft tissues and the bone which must support the denture. He understands the structure of the muscles and

the jaw joints and how to determine the various relationships between these joints and muscles which the denture should maintain.

ACTUALLY, the construction of the denture is only a small part of a delicate and skillful operation.

First comes diagnosis — determining the condition of the mouth that is to support the denture. There is also the vital check for mouth disorders which need corrective action for cancer, disease of

the tongue and other conditions. Next is the making of the impression. Every small detail of the gums and ridges must be outlined and accounted for.

FROM THE impression, the dentist makes a cast, selecting artificial teeth appropriate to your mouth and face in size, shape, color and arrangement. If you need a partial denture, the teeth must be in harmony with your natural ones. It is only at this point that a laboratory tech-

nician can begin his work — following the meticulous prescription of the dentist in the construction of the denture. When the dentures have been completed by the technician, the dentist adjusts them carefully in your mouth. After this "try-in" additional corrections can be made if needed.

FINALLY, the dentist will ask you to come back a few times for minor adjustments as your mouth gets accustomed to the new teeth, to insure correct fit and physiological suitability to chewing

and swallowing actions in your particular case. In this way your denture becomes a help, and not a hazard, to your health.

Plans to Retire

Duncan J. Powers, principal at Carnegie Junior High School, will retire from the Los Angeles City School System June 30 when the current school year ends. Powers was named principal when the school opened last year.

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Ass't delicious flavors.
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