

Shades of Banyan

The last month of the year. Something about December that makes you feel like you're coming to the end of something only to start something new, or maybe it's just the New Years feeling.

As much as normally we'd be happy about celebrating this time we must be cautious. We've come a long way trying to fight COVID and we did. Unfortunately the numbers have started to rise again.

It is this time that we actually need to take extra care of the elderly. Many of us have let our Gaurd down where as this is the time to be extra careful. Winters plus rising numbers in COVID, I do believe it's a time to be aware and responsible. Now more than ever, not just for us but for the people around us too. I'm sure like before we'll make it through this together.

D.K. Bajaj
President (Harikrit)

"Our senior citizens paved many great paths for the future that have deep sentimental values, and are deserving of the

Why And When Dentures Are Required...??

Dentures are the removable **false teeth** that are used to replace teeth that have been lost due to tooth decay or injury amongst other causes.

Why are dentures necessary?

Most people need dentures because they have lost their teeth to decay or injury and have experienced difficulty with eating, chewing or even speaking as a result. In some patients, the entire set of teeth lining both the upper and lower jaws may be removed and replaced by a full set of dentures.

Sometimes people opt for dentures to address cosmetic issues that may be causing low self-esteem. Examples include dentures for the correction of an unsightly smile or to fill out face shape that has been lost.



teeth and as partial dentures, which can be used to replace just one or a few missing teeth.

Fitting the dentures: Dentures are usually fitted by a dentist or a qualified clinical dental technician. Measurements are taken using impressions (moulds) of the mouth that are used to create the dentures. Dentures are fitted as soon as the teeth are removed in order to minimize the time without teeth. If there is gum inflammation or injury, dentures may be fitted once this has been resolved.



Sometimes a trial denture will be created from the initial moulds taken from the jaws, allowing a patient to gauge whether the

"Saanjhi Saanjh Expert"

dentures are a comfortable fit before the final denture is created. The color and shape may be adjusted in the final denture set.

After removal, dentures should be cleaned meticulously to remove plaque. Plaque is a colourless film containing bacteria that forms across the teeth causing damage and decay.

Unclean dentures may lead to bad breath, fungal infections of the mouth and gum disease. Dentures should be brushed with toothpaste to remove food particles and then soaked in a fizzy denture-cleaning solution to remove bacteria and stains.

Dental hygiene is important even in those wearing dentures. Any remaining teeth should be brushed with a soft-bristled brush and fluoride toothpaste to keep the gums and tongue clean and prevent gum disease, tooth decay and other problems.



Dr. Sachin Arora
Consultant - Holy Family Hospital
Chief Consultant - Dr Arora's Dental
Clinic, Kalkaji, New Delhi.
For appointment Call - 9810083122