

## Complete denture wearers' denture care practices

Abdul Rahman\*

Shahid Beheshti University Medical Sciences, Tehran, Iran E-mail: abdulrahman954@gmail.com

### Abstract

**In India, oral health treatment was not given the attention it deserved, and oral health neglect still exists, as seen by low usage rates and poor dental health. Conventional dentures are the most popular option for replacing missing teeth. There is an increased chance of acquiring a variety of diseases if correct denture care techniques are not followed. The goal is to evaluate full denture wearers' denture care routines.**

**Keywords:** Oral Health, Denture Wearers, Care.

*Accepted on May 24, 2021*

### Introduction

Dentures are a form of removable dental prosthesis that replaces lost teeth. They assist you in chewing and speaking more effectively. They also enhance your looks and grin. Dentures are also referred to as false, artificial, or fake teeth. Dentists that specialize in tooth replacement are known as prosthodontics.

According to the World Health Organization's (WHO) definition of oral health, an individual has good oral health if he or she keeps at least 20 natural teeth throughout their lives that are functional, attractive, and do not require a prosthetic. Despite the inherent limits of constraining the larger construct of oral health to tooth retention, this definition emphasizes the necessity of tooth retention for leading a healthy and productive life. In today's aged environment, the notion of tooth retention takes on increased relevance. By 2050, about 1.5 billion people on the planet will be 65 years old or older [1]. This equates to 15.46% of the expected global population by 2050 [2]. In the Indian situation, this ratio is lower, with just 12.5 percent of the population expected to be 65 or older by 2051 [3]. However, in India, oral health treatment is not given the attention it deserves, and oral health neglect persists, as seen by low usage rates and poor oral health [4]. In Indians aged 50 and up, the prevalence of edentulous (the loss of all natural teeth) was found to be 16.3 percent. The loss of teeth has a substantial detrimental influence on people's quality of life. It has aesthetic, psychological, functional, and social consequences in people's lives [5].

Conventional dentures are the most popular option for replacing missing teeth, allowing people to improve oral function, improve phonetics, facilitate social participation, and live a more visually pleasing existence. The fact that traditional dentures are still popular in today's technologically advanced society, despite the fact that dental implants have been shown to offer significant advantages over traditional dentures, demonstrates the economic trade-off consumers make. In 2007, private expenditures accounted for 74 percent of overall health-care expenditures in India, with 90 percent of this private spending being out-of-pocket [6].

### Discussion and Conclusion

Dentures must be cleaned and disinfected on a regular basis to maintain oral sensitive tissue healthy. Dentures, like natural

teeth, require regular cleaning to avoid biofilm formation. Currently it examines full denture users' denture hygiene routines as well as their self-perceived and real denture state. The research observed that denture care activities such as removing dentures at night and placing dentures at night were linked to real denture status when clinically investigated.

Denture hygiene is a problem among the general public. The need for improved public education and counseling on denture maintenance and cleanliness. It also underlines the need of teaching patients how to assess the condition of their dentures.

### Reference

1. Global health and aging. U.S.A.: National Institutes of Health. National Institutes of Aging and World Health Organization. 2011.
2. United Nations Department of Economic and Social Affairs. World population projected to reach 9.7 billion by 2050. 2016.
3. Population Reference Bureau. The future population of India: A long-range demographic view. Washington DC: Population Reference Bureau. Population Foundation of India. 2007.
4. Nidhi B, Atysha M, Himbala V, Kumar AA. Inequity in dental care utilisation: what gets delivered gets known—Evidence from Chandigarh and Haryana. *Int J Community Med Public Health*. 2014;1(1):44–7.
5. Dable RA, Nazirkar GS, Singh SB, Wasnik PB. Assessment of oral health related quality of life among completely edentulous patients in western India by using GOHAI. *J Clin Diagn Res*. 2013;7:2063–7.
6. Vijayakumar K, Saini N. White paper on healthcare reforms and investments. New Delhi: Indian Medical Association; 2013.

### \*Correspondence to:

Abdul Rahman Shahid Beheshti University Medical Sciences

Tehran, Iran

E-mail: abdulrahman954@gmail.com