

# Complete yourself.

Why it's important to replace even a single missing tooth.





Have you lost a tooth and are now unsure what to do about it? Did your dentist have to pull a tooth in the back of your mouth and you don't see why you should replace it?

 Did you know?

3,600,000,000\*

people in the world are missing teeth.

\* conclusion based on several dental reports

## You are not alone

Losing or damaging a tooth for the first time can be a frightening experience. But did you know that half of the world's population is missing one or several teeth? There are many different reasons for this such as an accident, illness or insufficient care.

## Not visible doesn't mean unnecessary

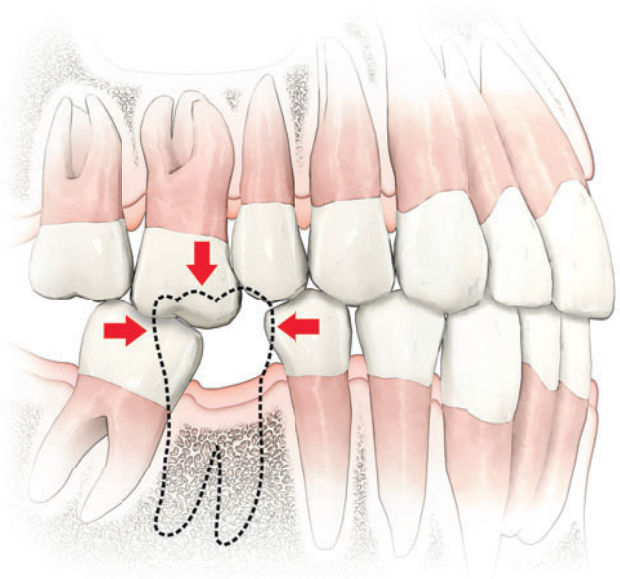
In modern society, an attractive, natural-looking smile is seen as a symbol of beauty and health. That's why most people wouldn't think long before having missing front teeth restored. But what happens, if a tooth in the back of your mouth is lost or has to be pulled? Since it is hidden from sight, you might not see the immediate need to replace it. However, leaving a missing tooth untreated can have serious consequences for your health, your appearance and your daily life.

# What happens when a tooth is missing?

A healthy tooth has many different roles to play in the back of your mouth. It helps you chew and grind food without problem and stabilizes the teeth around it.

## Effects on surrounding teeth

If you lose a tooth in the back of your mouth, this has an effect on surrounding teeth. Through the lack of stability, neighboring teeth are left without support. They start shifting and can even collapse. Teeth in the opposing jaw can grow into the gap. This can make it difficult or even impossible to replace the missing tooth in future and collapsing teeth might have to be taken out as well. The more teeth are missing in your mouth, the more challenging it can become to replace them.



A missing tooth can make neighboring teeth shift or grow into the gap.

## Effects on jaw bone and gums

Healthy teeth constantly perform tiny micro-movements in your mouth stimulating your gums and jaw bone in the process. If the interplay between your teeth and bone is upset, because a tooth is lost, this stimulation is reduced. Your jaw bone starts shrinking and your gum pulls back accordingly.

## Effects on your appearance

Missing teeth and bone can no longer support your lips from the inside. The more teeth you lose, the more your face will change and look older and wrinkly. Your cheeks and lips are left without the necessary support and become hollow and saggy.

## Effects on your everyday life

Not replacing one tooth can start a chain reaction of consequences, at the end of which you may find yourself avoiding certain foods that have become difficult to eat. Self-conscious about gaps in your mouth and your changed appearance, you may stop going out or meeting friends and family.

To avoid these consequences, **Speak to your dentist about missing or damaged teeth.** With the help of modern dental restorations your tooth can be replaced and bring back your smile and quality of life.

# Your dentist can help

## What are replacement teeth?

Dental crowns and bridges are called replacement teeth, which are used to replace any tooth that is missing or beyond repair. They can be placed on natural teeth or on dental implants.

## Replacement teeth on natural teeth

To restore missing teeth, your dentist can use a bridge made of several replacement teeth, which will be anchored to adjacent teeth to literally “bridge” the gap. To secure the bridge, adjacent teeth must be reduced in size by your dentist, which can mean sacrificing healthy teeth.

A bridge is normally made of natural-looking material such as ceramics. A dental laboratory designs each bridge individually to make it look and feel like your natural teeth.

Beware that instead of all-ceramics, dentists still sometimes offer metal crowns and bridges with porcelain fused on top. When your gum recedes, a black metal line at the rim of the bridge may become visible. For best esthetic results always ask your dentist for an all-ceramic bridge.

Also, a bridge doesn't keep your jaw bone from shrinking and your gums will continue to pull back over time.

To avoid these clear disadvantages, your dentist needs to replace the tooth root, too. The best way to do this is with a dental implant made of titanium.

## Replacement teeth on dental implants

Dental implants are inserted into your jaw bone and act just like the tooth roots of your natural teeth. With this procedure, healthy adjacent teeth are left untouched.



Replacement teeth on natural teeth.  
Neighboring teeth need to be ground down.



Replacement tooth on implant.  
Neighboring teeth are left untouched.

# Dental implants offer you many advantages

|   | Replacement on dental implant                                    | Replacement on existing teeth (Bridge) |
|---|--|--|
| <b>Duration</b>   | Many years. With the right care up it can last up to a lifetime. | approx. 5-20 years                     |
| <b>Healthy neighboring teeth need to be ground down</b> | No   | Yes                                    |
| <b>Keeping new tooth clean</b>                          | Normal effort  | More complicated                       |
| <b>Risk of tooth decay / fracturing</b>                 | Very low   | Yes                                    |

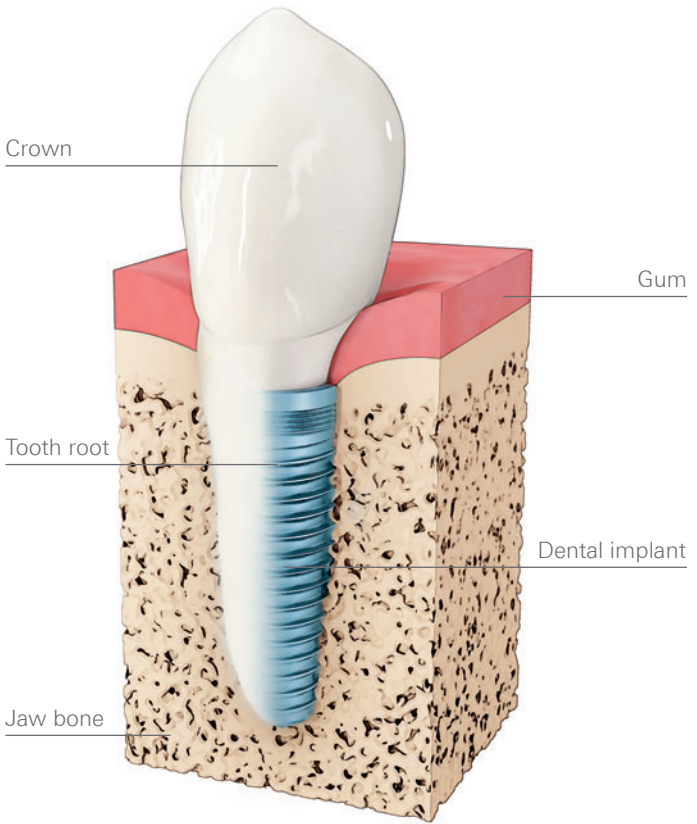
Comparison of dental implants with a bridge on natural teeth

Further advantages are:

- A healthy, natural-looking smile
- Teeth that look and feel exactly like your own
- Your body accepts them easily, because they are made of biocompatible material
- Normal eating and speaking
- Stable and comfortable fit

**Ask your dentist for the implant solution that will help you feel complete again.**





Dental implants look and feel like natural teeth.

# 5 reasons to talk to your dentist

**Talk to your dentist about a modern dental restoration, if ...**

... one or several teeth in your mouth are missing or going to be pulled.

A dental restoration at the right time can prevent further oral health complications that could affect remaining healthy teeth.

... you are avoiding certain foods, because they are too difficult to eat.

Getting your tooth replaced brings back your full chewing function, so you can go back to enjoying the foods you love.

... you are suffering from headaches or migraines since you've lost one or several teeth.

Missing teeth can often affect the positioning of your other healthy teeth, causing a misfit of the upper and lower jaws and stiffness in the muscle and joints.

... your facial silhouette has changed since you've lost one or several teeth.

A lack of teeth can severely reduce density of jaw bone, because it is no longer stimulated when chewing. This leads to a shrinking jawline which makes you look older than you really are.

... you are unhappy with how your teeth look.

Are your teeth discolored, uneven or affecting your smile or facial profile? Ask your dentist for options to restore your beautiful smile.



Your new smile is only a few steps away.

Practice stamp

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