

Boosting Boomer Confidence

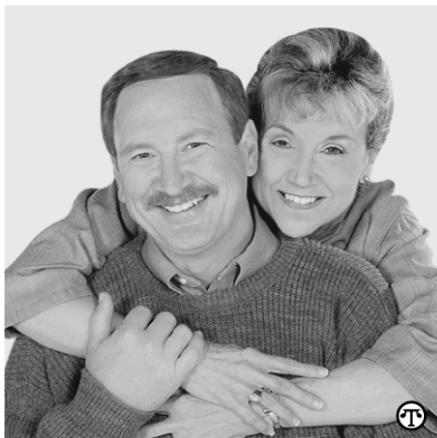
(NAPSA)—For baby boomers, feeling more confident may be as simple as getting a better grip.

A recent survey found that nearly seven out of 10 denture wearers said they'd be more self-assured in social situations if their dentures had a tighter hold. It's a belief that doesn't surprise Tom Blake, author of "Finding Love After 50." He says people's insecurities tend to rise during social or intimate situations, regardless of whether they're wearing dentures. Naturally, loose-fitting dentures make these insecurities worse—as will the bad breath sometimes associated with dentures.

Twenty years ago, this news may have seemed less significant. But today, 50 percent of Americans over age 55 wear dentures—and many of them lead active, healthy lives. Considering that 60 is the new 50, you can see why many boomers aren't ready to give up their self-confidence.

So how should dentures actually fit your mouth? According to one doctor, as if they weren't even there. "Denture wearers should forget that they're wearing dentures," says Dr. Joseph Massad, a noted dentist in prosthodontics. "They should fit securely enough so they don't cause concern about dentures staying in place or make people feel self-conscious about their breath. It should be a given."

If you're worried about your dentures, Dr. Massad says that something as easy as using a denture adhesive could make a big difference. He suggests trying Fixo-



About 50 percent of people over age 55 wear dentures. One in four say dentures could affect their confidence.

dent Control Plus Scope Flavor since it helps seal out food particles with an enhanced denture fit plus kills germs and provides minty fresh breath. The adhesive is available at drugstores.

If you're like many denture wearers, you may want to stock up on the adhesive before partaking in some of the top "denture paranoia" activities. Survey respondents most frequently said kissing and having romantic dinners were the two biggest causes for concern when it came to worrying about how their dentures fit.

But younger denture wearers may have it worst of all. People between 50 and 55 are nearly three times more likely to feel denture anxiety just before a kiss than those age 65 and up, according to the survey.

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