

The Headache Mystery



Headaches, migraines and your teeth:
Are they the cause of your daily sufferings?

**Do you get headaches on a consistent basis?
In addition do you have:**

- Ear congestion, ringing in the ears
- Dizziness
- Neck and shoulder aches
- Grinding, clenching your teeth
- Abnormal tooth wear at the gum line

Clicking and popping of your joints?

Without clear understanding of their etiology and correlation, these are some of the signs and symptoms that are often overlooked and neglected by physicians and clinical dentists. Patients suffering from these symptoms become medical wanderers. They go from one healthcare professional to another, most often departing their offices empty handed and frustrated.

If it is suspected you are suffering from these symptoms, you are part of the 95 percent of the population who have a dysfunction known as Temporomandibular Dysfunction (TMD). It is a pain or dysfunction involving the head, face and neck area. Some healthcare professionals may also refer to it as TMJ symptoms. But people do not have true TMJ problems unless it was induced by trauma or injury. This pain arises from a structural imbalance or weakness between the surrounding muscles, teeth and joints in relation to your skull. In order to understand the causes of TMD, and symptoms such as headaches, we need to explore what is the structural weakness behind TMD.

Simply stated it is your jaw. It arises from a condition called "malocclusion" or "bad bite". Your bite works in harmony with your jaw joints and muscles. The position of your teeth dictates the position of the joints and muscles in relation to your skull. Let us explore how this may relate to your daily headaches:

The muscles of the temple area of the forehead are muscles that play an important role in posturing and closing of the jaw. If your occlusion (bite) is not right, it can lead into a strained unnatural position and abnormal tension in these muscles. If the bite is not corrected, the muscles will remain under constant strain for a long time. This will diminish the chance of the muscles to rest and shortly thereafter will cause poor circulation; thus lack of oxygen and accumulation of waste products. The result-PAIN (headache).

Diagnosis and Treatment

First we consider all the information by taking your history and doing a thorough clinical and physical examination of your teeth, head and neck.

In addition, by utilizing new computerized technology to objectively evaluate the state of your muscles and measure jaw movements, I will be able to rule in or rule out your bite as possible cause of the headaches or other symptoms that you may be suffering from. If these tests show that your "bad bite" is the cause of your condition and pain, I will determine and identify the correct jaw position while muscles are in a relaxed state. An orthopedic repositioning device is then fabricated that is worn over your lower teeth to maintain this neuromuscular derived bite position. This device will be worn for a prescribed period of time to determine that it will reduce or solve your problems.

You can obtain additional information by contacting us and arranging an appointment for a consultation.

s available. Remember ... whatever toothpaste you choose, make sure you brush at least twice a day!

oxide in
mild
the gums
ls of

bacterial plaque.
Desensitizing - can help decrease tooth sensitivity to hot or cold. *You should have your sensitivity checked by the dentist first, to be sure it is not the*

result of a more serious problem.
Whiteners - may make teeth appear whiter, but may be abrasive on tooth enamel if used incorrectly. Talk to the dentist who can provide safe,

simple, convenient teeth whitening that will last.
Of course, if you have any questions about the toothpaste you are using, ask us!



Get Back On Track

Eating PATTERNS

Eating patterns often resemble rollercoaster rides! When meals are skipped or rushed and caffeine and snacks are substituted for food, your body becomes a metabolic rollercoaster with screaming energy highs and crashing energy lows. The only way to get off the carnival ride is to stabilize your glucose (blood sugar) level.

Most food is broken down into glucose, a form of sugar in the blood that is your body's main source of fuel. Foods high in fat or protein don't create significant fluctuations in glucose levels, but complex carbohydrates like those in baked potatoes or pasta can. The important variable is how fast a carbohydrate turns into glucose, triggering a rise in blood sugar levels – the faster the conversion, the more intense the response. Check out the comprehensive glycemic indexes on the Internet!

You can coast through your day instead of careening out of control. Include all types of foods in your eating plan, and try eating nuts or cheddar cheese when you need to graze instead of craze.

Don't Hide Your Smile!

Dental implants can restore your confidence

Anyone who has ever suffered from tooth loss can tell you about the embarrassment of constantly hiding their smile and about the social awkwardness that accompanies difficulty in speaking and chewing. Dental implants could be the answer. A dental implant is an artificial root to which an artificial tooth is attached. An implant can replace one or more teeth or permanently support a bridge or denture.

Here are some of the proven benefits of dental implants.

Improved Appearance: Dental implants look and feel just like your own teeth, so no one will know unless you tell them.

Improved Self-Confidence: An attractive, natural-looking appearance, plus the ability to speak and eat normally and comfortably will have you smiling again!

Improved Oral Health: Dental implants actually preserve bone tissue, and the procedure is considered non-invasive because it does not affect the surrounding teeth.

Reliability: Dental implants have had a proven track record for more than 35 years, and are an excellent option for tooth replacement.

If you are in good general and oral health you may be an excellent candidate for dental implants – no matter what your age!



Toothpaste **What's the attraction?** Here's a guide to the many types of toothpaste

Multiple-purpose – resists the buildup of tartar (the hardened plaque that can lead to gum disease) and resists cavities by remineralizing and strengthening your teeth. These

products may also have antibacterial qualities, freshen breath, and some contain fluoride.

Fluoride – strengthens tooth enamel. These toothpastes are particularly

useful in regions without fluoridated water.

Antibacterial – can control superficial inflammation of the gums (gingivitis) by reducing levels

