

# Your Amazing Teeth

## Some Facts About Your Teeth May Surprise You

(NAPSA)—How much do you know about your amazing teeth? Take this quick quiz and see if your score makes you smile.

### Questions

1. By age 2, children usually have a) 10 teeth, b) 20 teeth.
2. True or false? Enamel is the hardest thing in your body.
3. Your teeth start forming a) before you're born, b) after you're born.
4. Which of the following symptoms may be caused by a dental condition known as temporomandibular joint dysfunction (TMD)? a) headaches, b) jaw pain, c) ear congestion, d) worn-down teeth, e) all of the above.
5. TMD can be treated by: a) a doctor, b) a regular dentist, c) a neuromuscular dentist.

### Answers

1. b.
  2. True.
  3. a.
  4. e. The condition can also cause neck and shoulder aches, clenching of teeth, sensitive and sore teeth and a clicking and popping of the joints. This condition affects as many as 70 percent of people, but they may not be aware that TMD is causing their symptoms.
  5. c. Painful muscles, which can be a sign of TMD, are best evaluated by a neuromuscular dentist, who evaluates muscle activity to find an ergonomic position for the jaw based on muscles, joints, teeth and nerves.
- A neuromuscular dentist first determines the optimal position and function of the temporomandibular joints and the optimal resting posture and function of the muscles which power the jaw.



**A common dental condition can cause a variety of symptoms, and requires special treatment.**

This approach differs greatly from the common dentistry approach, which treats the teeth, assuming the muscles and jaw joints will accommodate to the treatment. Restorative procedures such as crowns, bridges or fillings, or common orthodontics such as straightening teeth are often done without accurately determining a correct jaw posture.

A neuromuscular dentist can determine a proper resting jaw position which affects the facial, head and neck muscles, the teeth and the joints. Neuromuscular dentists are trained in this technique, which is not part of the standard training in dental schools around the world.

To find a dentist with neuromuscular training, or for more information about TMD, visit [www.leadingdentists.com](http://www.leadingdentists.com).