

See Your Dentist

Help For Headaches—See Your Dentist

(NAPSA)—If you or someone you care about is among the 45 million Americans who suffer from chronic headaches, experts advise it may be wise to head to the dentist.

According to the National Headache Foundation, in recent years, the growing awareness of dental-related causes of puzzling facial pain and head pain has enabled many individuals to benefit from appropriate dental treatment from a specially trained neuromuscular dentist.

Neuromuscular dentists can alleviate pain caused by tension headaches, migraines, locked jaw, jaw pain and other problems such as facial, neck, shoulder and back pain, teeth grinding, breathing problems and sleep disorders.

The Cause

It has been established that 90 percent of the pain in the body comes from muscles, and the muscles in the head and neck are driven or impacted by the lower jaw and bite position. Sometimes this is referred to as temporomandibular (jaw joint) disorder, commonly known as TMJ or TMD. However, there is a wide array of issues or conditions where the root cause is the bite.

A Cure

“We know that if your bite is not right, it often leads to chronic discomfort and pain,” said Dr. Mark Duncan, clinical director at the Las Vegas Institute for Advanced Dental Studies. “Just like flexing your arm for a second is comfortable but flexing it continuously for two to three minutes starts to hurt, a



It's estimated that the cost of headaches in absenteeism, lost productivity and medical expenses is as high as \$50 billion per year.

strained jaw position eventually leads to discomfort. A misaligned bite causes unnatural tension in neck and jaw muscles—this eventually diminishes breathing, saps strength and limits flexibility.”

How It Works

Neuromuscular dentists use computer analysis and in-depth patient consults to find the best resting position for the jaw muscles. Then, a jaw-repositioning orthotic—much like an athlete's mouth guard—helps maintain the new relaxed position. Eventually, crowns and veneers may help hold the new pain-free position. Some people have found previously unresolved pain goes away in a matter of days.

Learn More

For more information and to locate a neuromuscular dentist, visit www.leadingdentists.com.