

Tax Season Can Affect Teeth; Disposable Night Protectors Offer Relief

(NAPSA)—Tax time is a stressful season for many Americans. An estimated 60 million adults currently suffer from bruxism, more commonly known as teeth grinding and clenching, and they may have an increased risk of tooth damage due to the stress from the economy and upcoming tax season.

Teeth grinding and clenching are frequent stress coping mechanisms that create up to 250 pounds of pressure on teeth, causing enormous amounts of irreversible damage, including worn enamel, loss of tooth shape and flattened surface.

Dentists are seeing more cases of bruxism-related dental damage due to stress from the economy and the upcoming tax season. Many patients are unaware they grind or clench their teeth until they need to see a dentist due to tooth soreness.

Causes of Bruxism

The exact cause of bruxism is debatable among professional dental and medical communities. However, it is believed that physical and psychological factors are large contributors, including:

- Stress or anxiety
- Increased frustration levels or suppressed anger
- Overall inability to relax
- Changes in sleep cycles or poor sleeping habits
- Misaligned teeth
- Hyperactive personality types.

Signs You May Have Bruxism

Most instances of teeth grinding or clenching occur during the sleep cycle, so many are unaware of their bruxing tendencies.

You may have bruxism if you experience:

- Worn tooth enamel
- Flattened, undefined tooth shape
- Recessed gums
- Increased tooth sensitivity



Experts are finding that anxiety and stress stemming from the economy are causing an inability to relax and even, in some cases, dental problems.

- Jaw pain, earaches, facial pain and headaches
- Audible grinding sounds during sleep.

Solutions for Bruxism

Bruxism can cause serious, irreversible damage to teeth and gums, so it is important to correct as soon as possible.

If you think you have bruxism, a simple and inexpensive solution is to try a night protector like Plackers® Grind-No-More® Dental Night Protector. Easy to use and comfortable, Grind-No-More is a uniquely designed mouth guard that does not require any boiling or molding. Worn while you sleep, this night protector helps prevent the damage caused by nighttime teeth grinding. A free sample of Grind-No-More is available online at www.plackersgrindnomore.com, or the product may be purchased at your local drugstore.

Consult a dentist if you have any questions about bruxism. A dentist may also recommend a lifestyle change to reduce your stress, braces or crowns to correct damaged teeth, or hard acrylic dental splints to protect the surface of teeth.