

Are Your Daily Headaches Related To Your Bite? **By Dr. Richard Stanley**

It took a Tsunami of epic proportions for people to realize what wave scientists had known for years. The destructive forces of nature can be unpredictable and catastrophic. Dentistry has its own Tsunami and it is called Occlusion. Better known as the “bite” it is the way the teeth come together like gears and the way the mandible is supported by the muscles of the head and neck. Everyday millions of people have head and neck pain, migraines, loss of teeth, mental depression as a result of head and neck pain related to their bite.

Most of us are aware that when a muscle is overworked it becomes sore as a result of the buildup of lactic acid. We can get sore muscles from working out, long term postural problems, cramps and spasms and bad bites. When muscles are overworked due to bite problems sore muscles lead to headaches, neck aches, migraines, TMJ pain, ringing in the ears and a number of other symptoms. It is believed that 60-80% of headaches are bite and teeth related. This pain can be mild or severe to the point of changing people’s lives.

Head and neck pain and migraines lead to poor sleep, poor health, decreased work performance, failed relationships and general depression. Many of the symptoms of chronic fatigue, stress and sinus problems, neck and back problems are actually misdiagnosed bite/muscle issues and can be treated almost immediately to provide relief to people who have had pain for years.

Changing people’s lives it is not just about giving them a beautiful smile. When someone has had daily headache for most of their life, has seen a dozen doctors over the years and had endless prescriptions and treatments, and you give them often times complete pain relief overnight, you dramatically improve many aspects of their lives.

People with these bite and muscle problems often have problems with snoring and sleep apnea and may get less than one hour of actual restful sleep per night. In sleep studies of snoring children they have been known to wake up as many as 200 times per hour. Sleep deprivation is one of the easiest ways to lower someone’s work performance and task effectiveness and is a major contributor to ADHD/ADD. People who have lived this way for years show severe signs of depression, anxiety, eating disorders with weight loss or gain, grumpiness, short tempers, hostility, difficulty with relationships and fatigue.

Dentists who are trained to treat these bite issues as well as cosmetic, implant and reconstructive dentistry are uniquely qualified and use specialized equipment and techniques to develop a bite that corrects the muscular problems and creates a beautiful smile that will last a lifetime.

For more information please contact Emily at **The Smile Centre** at 351-4468 for a complimentary consultation.