

Are You a Grinder or a Clencher?

Written by James Wright, DDS

Thursday, 15 October 2009 09:06 - Last Updated Thursday, 15 October 2009 09:11



Do you grind or clench your teeth? Does your spouse? Do your children? Did you know that the major cause of teeth grinding is stress?

Are you aware of the fact that teeth grinding can be brought on by a genetic predisposition or simply by an unbalanced bite?

Many people are deep sleepers and aren't even aware that they are grinding (bruxing) or clenching their teeth during sleep unless their spouse tells them. Chances are that you are a grinder if you dream of teeth falling out, wake up with grittiness in your mouth, have chipped, and worn teeth, or if you wake up with a sore jaw.

All of these symptoms could ultimately result in loss of tooth structure, cracked enamel (with subsequent decay), loose teeth, tooth sensitivity, headaches, neck pain, uneven bites, and TMJ (temporal mandibular joint) Syndrome.

Every time we open or close our mouth, chew, bite, swallow, talk, etc. we put our TMJ to work. In fact, this joint is utilized more often than any other joint in our bodies.

It's estimated that in America, 10 million people suffer from TMJ syndrome. When untreated for a length of time, arthritis can become problematic; yet most of us don't know which of our habits can trigger this painful condition.

Gum chewing and people that chew on one side of their mouth are just as susceptible as stress induced grinders or clencher. Treating this syndrome as early as possible will spare you years of treatments, financial burdens and pain.

Come in for a complimentary TMJ exam and I will work with you to bring you relief from painful TMJ and the dental complications that come with it. After all, you deserve to live

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pain free!

Additionally, and most importantly, please do not hesitate to contact me or my staff if we can assist you in any way. It would be our pleasure to help you or answer any dental questions or problems that you may have. Our telephone number is 309-4600.