

Ask an **EXPERT**

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DENTIST

QUESTION:

Can Teeth Cause Headaches?



ANSWER: Stress is a major plague in our daily lives, disturbing our sleep, straining relationships, and quickening that powerful aging process. This aging process to one degree or another is expressed vividly in the abnormal wearing of your teeth. How much of our days and nights do we spend Grinding and/ or Clenching our teeth? How often should your teeth naturally touch? This habit is usually expressed unconsciously, completely unnoticed at night, like snoring, but the accumulative effects add up. Note the wrinkles forming around your eyes, your cheeks and the corners of your mouth. 80% of Clenchers/ Grinders are female. Of that group most of them (80%) develop subsequent issues like headaches, tender jaw joints, limited range of motion, increasing cold sensitivity, broken teeth, cracked fillings, root canals and crowns. Clenching/ Grinding can begin as soon as you develop teeth (2 years old) and stay with you until you die or lose your teeth. It can be chronic or acute, becoming very painful or just becoming a daily annoyance. It commonly runs in families, is not contagious, and is one of the major reasons that we consume so much over the counter pain medication. This process is referred to as TMJ/TMD (Temporomandibular Joint Disorder). TMJ / TMD is a chronic degenerative disease that often takes years to develop. TMJ affects millions of people. People who suffer from TMJ have an imbalance in the jaw-to-skull relationship. The guidance system for this relationship is your teeth. When your teeth don't fit right your Jaw Joint relationship must make up the difference. Now add a little stress and the genetic tendency to Clench/ Grind and you have potential troubles. Neuromuscular Dentistry has

the potential to stabilize the TMJ/TMD complex, and the use of neuromuscular principles is effectively relieving many from the pain associated with this disease. To put it simply, Neuromuscular Dentistry places the jaw into its optimal position, relieving the symptoms associated with TMJ. While traditional dentistry evaluates primarily the teeth, bones, and gums, neuromuscular dentistry works with all the above plus the muscles and nerves. When the jaw is misaligned, both the hard and soft tissues are affected and many physiological problems can result (note the chart below). TMJ is nothing to panic about. It has been diagnosed and treated in thousands of patients with excellent results.

Stress does not cause TMJ/TMD syndrome. The cause is multifactorial, but our response to the stress in our lives determines to what degree the acute/ chronic expression of symptoms will be expressed. My interest in TMJ was my own personal needs years ago to alleviate the pain and symptoms in my own Jaw Joints. I had access to a lot of smart people and their techniques to treat my own problems. Of all the treatments I attempted the neuromuscular approach was the most effective and rewarding. Typical TMJ issues are complex. If you know you clench / grind your teeth, you know someone who does, if the chart below describes something about you, and you wonder if our techniques may have an answer for your symptoms. Schedule an appointment or contact our office. There are no TMJ consultation fees.

Your Neuromuscular Dentist
LeGrand Bingham DMD

MUSCULOSKELETAL SIGNS AND SYMPTOMS

Do you suffer from any of these?

- | | |
|-------------------------------|-----------------------------------|
| • Headaches | • Clenching or grinding |
| • Jaw Joint Pain | • Sensitive teeth |
| • Jaw joint noise or clicking | • Chewing difficulties |
| • Limited mouth opening | • Neck pain |
| • Ear congestion | • Hot & cold sensitivity of teeth |

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