



FROM THE DESK OF WILLIAM GRAND, D.D.S.



June Newsletter 2024

Greetings Dr. William From Grand Family Dentistry!

Bruxism: Not the Usual Grind

Sure, it's annoying when friends, spouses or children grind their teeth at night, but the effects could be much more serious than the loss of a good night's sleep on your part. This sleep disorder, called bruxism, can lead to a number of ailments, including loose or lost teeth. Even lighter grinding can wear down tooth enamel. Bruxism can also cause another condition called temporomandibular joint disease (TMJ).

TMJ occurs when the muscles, joints and ligaments of the jaw move out of alignment. Symptoms of TMJ include headache, earache and pain in the face, neck or shoulder. "But," you ask, "don't we all grind our teeth once and a while?" It's true that a number of people grind their teeth during periods of stress, but chronic grinders – those that suffer from bruxism at least once a week – could eventually pay the price.

Not only can it lead to the ailments already mentioned, but can result in daytime sleepiness and headaches as well. Research has also discovered that people who brux are more likely to snore, suffer from breathing pauses during sleep and be victims of sleep apnea. As is the case in many sleeping problems, stress is a major cause. It's not unusual to clench or grind the teeth when angry or nervous. The use of tobacco, alcohol or caffeine tends to aggravate the problem. What's more, nobody is immune. All age groups and genders are susceptible to bruxism, though most cases occur among those between the ages of 19 to 54.

There are a number of things you can do if you feel either you or somebody you love is suffering from bruxism. For starters, try to alleviate whatever stress in your life you can. Kick the tobacco habit and heavy drinking, and try not to drink too much coffee. Severe cases may need to be fitted with a mouth guard or have their teeth reshaped to eliminate unusual alignment. If you feel you may be suffering from bruxism, call our office.

Nothing glows like a big smile on a hot summer night, so be sure to protect yours. Please do not hesitate to call us at 1(844) 624-7263 if you have questions regarding proper dental care, or would like to schedule a check-up or cleaning. As always, your continued good health is our top priority.

Ain't Life Grand!

Best Regards,

A handwritten signature in blue ink, appearing to read "W.B. Grand, D.D.S.", with a stylized flourish at the end.

Dr. William B. Grand

P.S. If you have any friends or family members who you feel could use our services, please don't hesitate to have them call us. We'll be sure to take "GRAND" care of them.