

# The **DENTAL OFFICE**

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**Quarterly Newsletter**  
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## **Chronic Pain**

Dr. Chad Brown

Have you ever considered how your teeth come together and how that relates to so many other things you feel? Most of us don't give that much thought, even when we realize our bite is less than perfect. Many people may recognize their teeth do not line up properly but have no pain or symptoms. However, a large percentage of the population suffers from chronic facial pain and more, directly related to this problem.

With a thorough examination of the oral tissues, we can often identify signs that the teeth are not functioning together properly. Severely worn teeth, numerous broken teeth, recession of the gums and extreme cold sensitivity are all signs that perhaps a patient has an incorrect bite. There are other signs as well, such as: chronic tension; recurring migraine headaches; facial pain; neck pain; and pain in the TMJ (Temporomandibular Joint). These are easy indicators of occlusal disease (an incorrect bite), but other symptoms often develop as well.

People who suffer from these common problems often receive little relief regardless of how many medications they take or specialists they visit. Most people are familiar with a night guard or a bite splint, but these are only temporary fixes to the problems. Now, through many hours of research, additional continuing education and experience, we are able to offer relief for many patients that suffer from these symptoms. Through a process that includes thorough examination and records, evaluation of models, photos and more, I will develop a plan to correct the bite and often eliminate the above mentioned symptoms as well as some of the chronic head and neck pain associated with an incorrect bite.

If you suffer from any number of these symptoms, please contact The Dental Office. We would be happy to sit down and discuss these symptoms and the benefits of treating the big picture – your bite and the alignment of your teeth – helping to ensure a healthier dental future for you!

## **The Importance of Good Oral Hygiene**

Sam Schoneman, R.D.H.

How often does a person really think about the condition of their mouth? We typically only think about it when we have a problem. A way to avoid the problem is by keeping up with good oral hygiene habits. It is recommended that you brush at least twice daily – preferably after each meal as well. If you cannot brush after meals, you should rinse vigorously with water instead. Another way to reduce plaque is to chew sugar-free gum after meals. One should also floss at least once a day to remove the plaque between the teeth, which a toothbrush cannot reach. Your toothbrush should be replaced every three to four months, or earlier if the bristles are worn down. Flattened bristles will not clean your teeth well.

Having your hygienist clean your teeth twice a year along with regular exams from your dentist are other measures you can take in your preventative care. Using a mouth rinse also helps to prevent the bacterial plaque from adhering to the teeth, which can cause gingivitis. Gingivitis is the early form of periodontal disease, but unlike periodontal disease, gingivitis is reversible. By keeping good oral hygiene habits, one can prevent the treatment that would be necessary otherwise.

## **Food For Thought**

Mavis Sybesma

### Chicken & Stuffing Casserole

Melt  $\frac{1}{4}$  c. butter and place in a greased 9x13 pan. Place 6 boneless, skinless chicken breasts in pan. Place a slice of swiss cheese over each chicken breast. Take a 10 $\frac{3}{4}$  oz. can of cream of chicken soup and spoon over the cheese. Place a 6 oz box of Stove Top Stuffing over the chicken. Pour another  $\frac{1}{4}$  c. melted butter over the stuffing. Pour  $\frac{1}{2}$  c. water over everything. Cover pan with foil and bake at 350 degrees for 1 $\frac{1}{2}$  hours.

## **Laughs!**

On the job as a dental receptionist, I answered the phone and noticed on the caller-ID screen that the incoming call was from an auto-repair shop. The man on the line begged to see the dentist because of a painful tooth. "Which side of your mouth hurts?" I asked the patient. He sighed and answered, "The passenger side."

**Call Today For Your Dental Cleaning and Examination**