

HEADACHES HAPPENING?

YOUR JAW JOINT MAY BE THE CULPRIT!

Approximately 40% of otherwise healthy individuals suffer from chronic headaches, and about one in eight North Americans suffers from recurring headaches that are so severe they interfere with normal life. It has been estimated that 80% of all headaches occur from muscle tension. You may be surprised to learn that many tension headaches are related to you bite, tooth grinding or clenching. It may feel as though you're wearing a steel hatband, or it may be a dull ache on one or both sides: in front of your ears. Your headaches may be dental in origin if you experience:

- a. Sore jaw muscles when you wake up
- b. Teeth grinding
- c. Jaw joints that click or pop
- d. Head or scalp that's painful to touch

Here in our office we are very experienced in dealing with these problems that are often referred to as temporomandibular disorder or TMD. We have many patients that have experienced complete relief from years of headache pain following treatment by Dr Wood.

If your physician has ruled out other possible causes, and you suspect the cause might be your bite, contact a dentist for an examination.