



Innovative Treatment For Stress-Related Headaches

(NAPSA)— Americans who are feeling stressed don't have to take it on the chin.

That's the word from researchers who say that headaches and facial pain are one of the top four problems people report as a result of stress. The good news is that there are steps that a specially trained neuromuscular dentist can take to help alleviate the pain.

Many Feel Stressed

According to the Stress in America survey conducted by the American Psychological Association, less than half of all Americans (40 percent) perceive themselves to be in excellent or very good health. A similar number of Americans say their stress levels have increased over the past five years (44 percent). And 36 percent report that increased stress causes headaches.

While both men and women experience these disorders, the majority of those with headaches and jaw pain are women in their childbearing years. The ratio of women to men increases with the severity of symptoms, approaching 9 to 1 for patients with major limitations in jaw movements and chronic, unrelenting pain.

Treatment Can Help

According to the neuromuscular dentists trained at LVI Global, stress headaches often indicate a condition known as TMD—temporomandibular joint disorder. Treatment begins with a pain-free analysis of the jaw using computerized tracking instruments to record jaw movement, resting position and path of closure.



Specially trained neuromuscular dentists can help alleviate the pain and discomfort associated with stress-related headaches.

Sonography is used to record jaw joint sounds and detect any abnormalities. X-rays may be taken to help evaluate the condition and positioning of the jaw.

The analysis reveals the jaw's optimal pain-free position. Once that is known, an orthotic, much like a mouth guard used by athletes, is made and used to temporarily maintain the optimal position—with many people reporting their pain quickly disappears. After that, patients and their dentist can determine if permanent crowns and veneers should be used to keep the jaw in the pain-free position permanently.

To learn more and locate a neuromuscular dentist near you, visit www.leadingdentists.com.