



# HEALTH AWARENESS

## Help For Headaches

by Mike Miyasaki

(NAPSA)—Here's heady news: People who suffer from migraines and other kinds of headaches may find relief at the dentist.

The problem for many people is that due to childhood development or sometimes an injury, they grind their teeth or clench their jaws. Over time, this can wear down the teeth, which throws the jaw out of proper alignment. The muscles and teeth start fighting each other. The most obvious result: headache, jaw and face pain. It's believed some 90 percent of pain in the face is muscle related.

While it can happen to anyone, the problem occurs most often in people between the ages of 30 and 60. It's estimated that more than 70 percent of adult Americans are affected by this at some time.

Signs you may have the condition include:

- A clicking sound when you move your jaw
- Frequent headaches, particularly on awakening
- Fatigue
- Sore face muscles
- The feeling the jaw is "locked" first thing in the morning
- Ringing in the ears
- Ears feeling "stuffed up"
- Teeth breaking easily
- Neck pain.



**It may come as a surprise to some, but seeing the dentist could be the first step on the road to relieving headaches.**

Fortunately, many people can be pain free after proper diagnosis—which may include an impression of the teeth, X-rays and MRIs—by a specialist known as a neuromuscular dentist. Treatment can include physical therapy, tooth reconstruction and orthotics, such as braces or a night guard.

You can learn more about neuromuscular dentistry and where to find a practitioner nearby online at [www.leadingdentists.com](http://www.leadingdentists.com).

*Dr. Mike Miyasaki is the Vice President of International Operations at the Las Vegas Institute for Advanced Dental Studies, a postgraduate education facility for dentists throughout the world.*