



Health Awareness

Taking The Bite Out Of Headaches

(NAPSA)—There could be good news for more than half of the 80 million Americans who suffer from everything from mild and annoying tension-type headaches to severe and debilitating migraines.

Medical experts say one of the most common causes of head, neck and facial pain is a long-term conflict between the biting surfaces of the teeth and the jaw joints, commonly known as TMJ dysfunction or occlusal interference. The problem is caused by a slight misalignment of the teeth that causes the jaw joint to be pulled out of the socket during biting and swallowing. This can cause painful muscle fatigue and spasms leading to headaches, neck pain and general facial pain.

Now, a veteran dental practitioner has come up with a possible solution. Dr. Jerry Simon, D.D.S., spent many years researching occlusal interference, what many consider the most fundamental but overlooked issue in dentistry today. As a result, he developed a small plastic device, the Best-Bite™ Discluder, that both assists



Headaches caused by bite problems can now be diagnosed by your dentist almost instantly.

dentists in determining whether a patient's pain is bite-related as well as provides short-term pain relief during the treatment process.

“Many headaches cannot be diagnosed by standard medical tests such as MRIs, CAT scans and blood tests, so the diagnosis is often made on the symptoms reported by the patient, leading to an incorrect diagnosis, and therefore incorrect treatment, by

the doctors,” explains Dr. Simon.

Patients bite down on the Discluder. It instantly assists the jaw joints in stabilizing so the muscles no longer strain, the spasm is released and the pain stops, generally in under two minutes. This helps the dentist determine if occlusal interference is the root of the patient's problem and devise a successful drug-free treatment plan. The time savings benefits both dentist and patient.

Symptoms of jaw misalignment include:

- Any head, neck, or facial pain
- Popping, clicking, ringing or grinding sounds in your jaw or ears
- A sore jaw in the morning or during chewing
- Pain from a whiplash injury that fails to go away

If you have any of these symptoms, it may be a good idea to see your dentist. Dentists and patients can learn more online at www.best-bite.com or by calling 1-888-865-7335.