

INCIDENTALLY

YOUR NEWSLETTER FROM THE DENTAL OFFICE OF

BARBARA MALLONEE DDS, INC

NTI Device Takes the Bite Out of Stress



Sometimes chronic stress or high-pressure situations can cause people to develop a damaging habit known as bruxism, or unconsciously biting down with too much force at non-mealtimes. It can happen at night or during the day, is common in about one third of the population, and is more prevalent amongst women. The inappropriate tendency to constantly clench or grind the teeth can be related to poor stress management. In fact, bruxers are often those personality types who react to stress with anger, pain, frustration, aggression or competition.

Since it's a harmful habit that wears down biting surfaces, misaligns the bite, and can lead to serious dental problems, we screen each patient for warning signs:

Unexplained sensitivity in teeth and gums

Jaw pain

Temporomandibular joint (TMJ) pain

Popping and clicking jaws

Tense muscles

Headaches

Excessive wear or flatness on teeth

Worn enamel

Partially exposed and sensitive tooth interior (dentin)

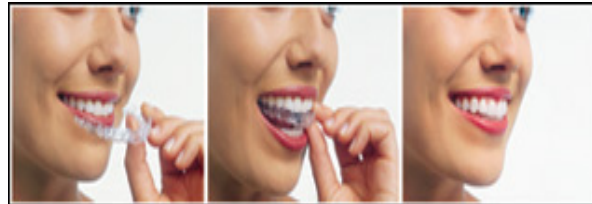
Tongue indentations

In severe cases, we may find that frequent clenching and grinding has moved the entire jaw out of balance. Once identified, we can often treat bruxism with a revolutionary little acrylic mouthpiece called the NTI-tss device. How does it work? Recognizing that bruxism starts with a jaw muscle malfunction, not a bite problem, this device actually interrupts the involuntary tug of war between the jaw's side and temporal muscles, reducing clenching intensity by one-third. Further, the device causes the muscles to relax in a stable position, so that you and those hyperactive malfunctioning muscles can rest.

Often this eliminates bruxism-related headaches and/or various kinds of TMJ pain within just a few days of fitting the device!

The Art of Adult Orthodontics

Are you over the age of 25 and self-conscious of your smile because your teeth are crooked? If so, then you are not alone. Orthodontics is no longer just for teens as more and more adults are motivated to straighten their teeth through adult orthodontics. State of the art methods include nearly invisible braces or the removable clear aligner system.



With the improved technology, you can have the straight teeth you have always wanted in as little as 6 to 12 months. Orthodontics is faster for adults than for teens because with teenagers, the orthodontist must straighten the teeth while following the growth pattern and allowing their jaw to develop to its full potential. As an adult, your mouth is done growing so it is easier and faster to move your teeth into the perfect arch.

Traditionally, metal brackets were the only option for braces. Now, you can get the clear, nearly invisible brackets. Another option is a set of clear polymer aligners that you wear all day, except when eating or brushing your teeth. You wear each set for about 3-4 weeks as it gradually repositions your teeth. Many people consider these to be "invisible braces".

Crooked teeth can put extra stress on your supporting tissue, possibly causing gum disease and tooth loss. A beautiful straight smile will not only give you a new found confidence, but your teeth will be easier to clean, which makes for a longer lasting smile, increased dental health and the proper bite will reduce head and neck pain.

