

Dr. Little's Dental News

Presented by Jeffery Little, D.D.S.



NOCTURNAL BRUXISM

It is estimated that between 30 and 40 million U.S. children and adults grind their teeth at night. Not only does the grinding sound associated with "nocturnal bruxism" awaken and alarm sleepers in the same room as the tooth-grinder, but it can also cause wear and tear on the teeth and damage bone and gums. This rhythmic activity of the jawbone forcing contact between dental surfaces has also been linked to headaches, joint discomfort, muscle aches, and premature tooth loss. Many people are unaware they have a problem with tooth grinding until a sleep partner points out the fact. This should prompt a visit to the dentist, who can prescribe a mouth guard to protect the grinder's teeth.

Bruxism isn't only a nighttime

activity. Some tooth-grinders continue this damaging practice throughout the day. Whether you are in our office for bruxism or just for a simple cleaning, our personal, casual, and relaxed style in providing quality dental care will help put you at ease. We'll take the time to get to know your needs, answer your questions about the latest techniques and materials, and make sure that you are comfortable. Find out just how stress-free and pleasant a visit to the dentist can be—call us for complete family dental care.

P.S. Aside from being a symptom of stress and anxiety, bruxism can be the result of the body's reaction when the teeth do not line up or come together properly (malocclusion).

Dr. Little provides quality family and cosmetic dentistry.

His office is located at 344 Placerville Dr., Suite 19, Placerville.

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