

Brooksie Way offers mini-grant

Nonprofit organizations and community groups whose programming is designed to promote active lifestyles for Oakland County residents have until March



9 to apply for a Brooksie Way Mini-grant. Grants will be awarded April 24 at the kickoff for the 2018 McLaren Brooksie Way Half Marathon. Mini-grant guidelines and

applications as well as race registrations can be found at www.theBrooksieWay.com. The 11th Annual McLaren Brooksie Way Half Marathon is set for September 23.

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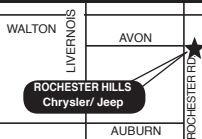
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COLUMN

Is your tongue telling you something about your health?

Do you have ridges or bumps on the sides of your tongue? Did you know that this could be a sign of other health issues that you weren't even aware of? People with what we referred to as "scalloped tongue," have tongues with indented, rippled, or scalloped edges.

Scalloping is the most noticeable on the outermost sides of the tongue. The condition is rarely painful, but can be a sign of more serious complications, and knowing the cause of scalloped tongue can help prevent or treat these underlying conditions.

Some of the causes of scalloped tongue include TMJ disorders, sleep breathing disorders like snoring and sleep apnea, or even as simple as grinding your teeth at night. If these conditions lead to compression of the tongue against the teeth, tongue scalloping will result.

Scalloping of the tongue can be caused by a variety of things:

Bad Habits

Also known as parafunctional activities, parafunctional activities are considered the leading cause of scalloped tongue. Bad habits include teeth grinding, cheek sucking, and picking at the teeth. Many things can lead to a person performing parafunctional activities, such as stress, sleep disorders, systemic disease, poor tooth alignment or tooth loss, and trauma.

Vitamin and mineral deficiencies

Scalloped tongue can occur when the body does not get enough of certain vitamins and minerals, especially B vitamins, which can lead to tongue enlargement.

Common nutritional deficiencies that cause scalloped tongue include:

- vitamin B-12
- riboflavin
- niacin
- iron

Temporomandibular joint (TMJ) conditions

Injuries or chronic conditions involving the temporomandibular joint that connects the jaw to the skull may cause scalloped tongue.



Dentally Speaking
by
Jeffrey S.
Haddad D.D.S.

People with temporomandibular joint dysfunction (TMD) may develop indentations in their tongues because of dehydration, teeth grinding, or because the tongue is pushing against the lower teeth to accommodate for the misaligned joint.

Scalloped tongue is most commonly associated with TMD cases in women and those involving frequent headaches, neck pain, and jaw tension.

Snoring or Sleep apnea

Scalloped tongue may be a direct sign of a sleep breathing disorder such as snoring or sleep apnea. Sleep apnea is stopping breathing and gasping for air several times per hour throughout your sleep. If you snore, you have a 75% chance of having or developing sleep apnea. The latest studies show that a scalloped tongue is an 80% positive predictor for sleep apnea. This is a very serious condition that can lead to heart disease, stroke, diabetes, and death. In fact, it has recently been found that sleep apnea has twice as dangerous effect on the heart as smoking! Luckily, sleep apnea can be managed and cured through solutions like a CPAP machine or a properly made dental sleep appliance that is very comfortable and keeps your airway open. Whichever treatment option you choose, the key is identifying if you have sleep apnea, and addressing it as soon as possible.

If you have signs of a scalloped tongue, or are experiencing any of the symptoms mentioned in this article, make sure to get examined by your dentist or physician to identify the root cause.

Jeffrey S. Haddad, D.D.S., of Doolin & Haddad Advanced Dentistry, completed his dental education at the University of Michigan in 2001. Dr. Haddad is a fellow of the prestigious Las Vegas Institute for Advanced Dental Studies. He lectures nationally on cosmetic dentistry, TMJ disorders and practice management. For more information, visit www.rochesteradvanceddentistry.com.