

Clenching your teeth throughout the day or while exercising... is this normal?

Have you ever heard of people clenching their teeth when their exercising and lifting weights?

This is a very common habit of people who are exerting themselves in the gym or other outdoor exercises. When people

push themselves in sports or fitness, the first instinct is to clench your upper and lower jaws to give more "support" and strength to the upper

body. Stabilizing your jaws can have a significant increase in upper body strength, balance, and flexibility. Unfortunately, if a patient has an unbalanced bite or misaligned bite, this clenching can cause adverse symptoms in the head and neck. This can be exasperated by intense episodes of clenching or grinding resulting in strained and fatigued musculature in the face, head, and neck.



Dentally Speaking

by Jeffrey S. Haddad D.D.S.

are suffering daily with migraines and muscular tension headaches, ear congestion and pain, upper cervical tension and discomfort, and ringing in the ears or vertigo.

Common Symptoms of a TMJ disorder (Craniofacial Pain Disorder)

- Headaches
- Ear pain
- Migraines
- Jaw pain (with or without joint sounds)
- Neck pain
- Subjective hearing loss
- Ear congestion or blockage
- Tinnitus (ear ringing)
- Vertigo (Dizziness)
- Sinus Pressure or pain

What are some of the symptoms that someone might be clenching their teeth during the day? Worn down teeth? Muscle pain? Neck pain? Jaw pain?

Approximately 90% of people in the world have poor bites; luckily most people can adapt throughout life with little or no discomfort. However, some people are not able to accommodate and are thrown into a pain spiral at some point in their life. If a person has had extensive dental work, is a severe clencher or grinder, or has missing teeth, it can have a significant effect on the surrounding facial muscles and joints which can lead to discomfort and pain. Clenching during intense exercise and weight lifting can definitely be a precursor to head and neck pain or other TMJ symptoms. "TMJ" stands for Temporomandibular Joint Disorder, which encompasses a myriad of symptoms that can affect a person's daily life. Because the word "joint" is involved in this heading, most patients, physicians, and even dentists believe that clicking, popping, or pain in the TM joints needs to be present if a person is considered a "TMJ" patient. The majority of TMJ patients that I treat have no noise in their joints, no actual discomfort in their jaws, and have an extremely healthy dentition. Unfortunately, they

What are other solutions that a dentist can offer to help remedy these symptoms?

Many people would think that buying a "boil and bite" mouth guard is the only solution to this potential problem. Although, these guards may be attractive because of the price, these can actually do more harm to you than good. Over the counter "one-size-fits-all" mouth guards can put unbalanced stress on your jaw and surrounding musculature. This can increase clenching and can torque your lower jaw giving you severe muscle spasms. This could result in increased jaw pain and headaches, and sometimes leading to even more extreme TMJ problems. My recommendation is to discuss options with your dentist such as a custom mouth guard or dental orthotic that can properly posture your jaw in a balanced, comfortable, and position. Computerized jaw tracking, muscle relaxation, and EMG technology

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Library Events

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Advancements in Cardiovascular Care with Dr. Nishit Choksi, MD
Rochester Hills Public Library welcomes renowned cardiologist Dr. Nishit

Choski, MD, on Thursday, March 23 at 7 p.m. in the library's Multipurpose Room. He will speak about cardiovascular care and the advancements in diagnostic

testing, pharmaceuticals, and treatment options. Dr. Choksi is an established and highly-skilled physician with over 30 years of experience specializing in cardiovascular disease. He is board certified by the American Board of Internal Medicine in Interventional Cardiology, Cardiovascular Disease,

and Internal Medicine. *This program is open to RHPL cardholders. Registration is required; visit calendar.rhpl.org or call 248-656-2900.*

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“Hiking Michigan Trails” with author Celia Ryker

Rochester Hills Public Library welcomes author and hiker Celia Ryker on April 4 at 7 p.m. for “Hiking Michigan Trails” in the library's Multipurpose Room. Ryker will share stories about the trails she's hiked throughout Michigan and will read excerpts from her book, *Walking Home: Trail Stories*. *This program is open to the public. Registration is required; visit calendar.rhpl.org or call 248-656-2900.*

“Millennials & Money: Setting Yourself Up for Success”

Rochester Hills Public Library welcomes financial advisors Jennifer and Stephanie Bloom from Bloom Advisors for the presentation, “Millennials & Money: Setting Yourself Up for Success,” on Tuesday, March 28 at 7 p.m. in the library's Multipurpose Room. This presentation addresses many financial “firsts” including student debt, investing, purchasing a home, and saving for children's

Dr. Haddad *Continued from page 16*

allow dentists techniques to measure your musculature and determine an optimal jaw position. Wearing a properly made appliance that aligns and supports your jaw will not only protect your teeth, but support the facial, head, and neck muscles giving you relief from the symptoms mentioned above. Many people are suffering because they have not identified the source of their pain directly affecting their quality of life. Educating yourself on potential solutions to alleviate

these symptoms could give you the life-changing answer you are looking for.

Jeffrey S. Haddad, DDS of Rochester 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 and sleep disorders and dental implants. For more information, visit www.rochesteradvanceddentistry.com.

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