

Silent ...but Deadly

The silent, but destructive processes of the mouth



Grinding

Teeth grinding (bruxism) is the #1 cause of the most destructive process in the mouth, tooth wear.

Grinding your teeth can cause a host of dental health problems. If left unchecked, you can wear down or crack the enamel, leaving your teeth more susceptible to decay and discomfort.

Bruxism can cause headaches, earaches, poor sleep and in some cases, depression. Stopping the wear process can insure more than just the life of your teeth.

Dry mouth

Saliva lubricates and coats the oral tissues. When saliva flow is decreased, harmful bacterial grow in the mouth. This may increase tooth decay and worsen gum disease. If there is little or no saliva flow, the effect can be severe.

Salivary gland disease, emotional stress, radiation for head and neck cancer, as well as many medications can cause the reduction of saliva flow.

Gum disease

Gum disease (pyorrhea) is the number one cause of tooth loss. It is a destructive bacterial process, causing bone loss around roots. When you lose enough bone, the teeth become loose.

A combination of poor oral hygiene, genetics, systemic diseases such as diabetes, tooth grinding, and dry mouth can cause pyorrhea. Any of these conditions contribute to the severity of gum disease.

What you can do about these issues

Grinding

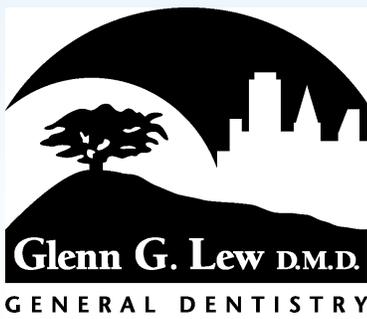
- Have a night guard made to reduce the rate of wear.
- Rebuild the bite.
- Stop grinding your teeth in stressful situations.

Dry mouth

- Use sugar-free gum or candy (to stimulate saliva flow)
- Take frequent sips of water.
- Use alcohol-free oral rinses.
- Restrict intake of caffeine, alcohol, & soda.
- Talk to your physician about switching a medication. Dry mouth (xerostomia) is a common side effect of many medications.

Gum disease

- Floss and brush teeth regularly.
- Brush with an electric brush.
- Don't grind your teeth.



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