

## **Jaw Problems**

Jaw problems can arise due to a number of reasons, with as many as 1 in 4 people known to suffer from such issues.

They are mainly linked to the way your teeth meet when your jaws bite together, known as **dental occlusion**. The temporo-mandibular joint (**TMJ**) is responsible for connecting your jaws, allowing you to open and close your mouth, and chew from side to side.

An incorrect bite or occlusal problems can impact on your **teeth, gums, TMJ** and **muscles** within your mouth.

**Teeth** – Cause teeth and fillings to continually fracture

- Loosen veneers and crowns
- Cause tooth wear
- Cause tenderness and pain to bite together
- Continual sensitivity

**Gums** – Loose teeth and receding gums can deteriorate.

**TMJ** – Clicking

- Grinding
- Pain

**Muscles** – Spasms, resulting in headaches or migraines

Suffering from stress, anxiety or tension are known links to jaw problems. It may result in clenching or grinding of your teeth, although most people who do are not aware of it. This habit can be commonly seen when concentrating on a task or during sleep.

Severe headaches or neck pain may also be linked to jaw problems, along with existing missing teeth at the back of your mouth.

Your dentist will be able to talk to you about possible causes of your jaw problem, and treatment available. This may include supplying a measured and fitted nightguard, replacement of missing teeth or straightening teeth (orthodontics)

If you feel you may suffer from any one of the above, **please ask your dentist for advice.**