

BEACON PLACE DENTAL GROUP GAZETTE

A MONTHLY EMAIL NEWSLETTER

NOVEMBER 2021

CHRISTINA

Believe it or not, Christina has been a hygienist at Beacon Place Dental Group since 2003. Her meticulous attention to detail and thorough work ethic do not go unnoticed. She prioritizes excellent patient care and enjoys seeing improvements in her patients dental health and wellness.

Christina was educated at the Forsyth School of Dental Hygiene at the Massachusetts College of Pharmacy and Health Sciences . She shared her passion for dentistry when she was an instructor at Forsyth dental school later on. She enjoyed the experience of sharing her passion and knowledge for dentistry with students.

Christina also holds an active dental hygiene anesthesia license. In her spare time she loves spending time with her husband and three young children.



Christina will celebrate 18 years
of working at Beacon Place
Dental Group next June.



OCCLUSAL GUARD

An occlusal guard, also referred to as a Night Guard, is used to prevent the bruxism of teeth. Bruxism is the clenching of jaw and grinding of the teeth primarily occurring at night. Because the jaw puts an extreme amount of pressure per square inch on the teeth, grinding and clenching the jaw at night can result in damage to the teeth and painful symptoms of TMD, or temporomandibular joint disorder.

Custom-fitted occlusal guards provide patients with better bruxism relief without the discomfort of ill-fitting plastic or metal parts that are one-size-fits-all. Occlusal guards can prevent jaw strain, fatigue, pain, and the chipping or breaking of teeth.



Despite the similarity in names, you should not confuse a sports mouth guard with the one designed for preventing teeth grinding and clenching. A sports mouth guard will do more harm than good. It covers the teeth and gums as it is meant to protect them from blunt force trauma. If worn at night, it traps bacteria on the gum's surface while you sleep since saliva can't get to the gums while wearing a sports mouth guard.

Limiting caffeine and alcohol intake, stopping smoking, and relaxation techniques can also help reduce grinding of the teeth and clenching of the jaw.

A night guard can protect your smile against costly and painful consequences of not wearing one. The investment leads to more positive health outcomes down the line. The scan for a Night Guard is preformed with our intraoral scanner.



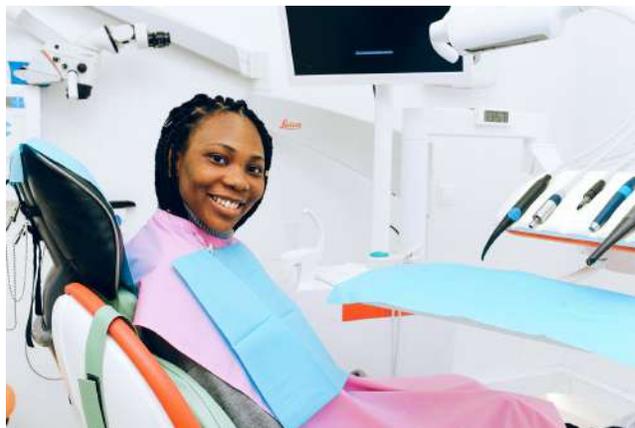
TMJ AND TMD

The Temporomandibular Joint acts as a sliding hinge, connecting your jawbone to your skull. You have one TMJ on each side of your jaw. TMJ Disorders can cause pain in your jaw and joint.

Becoming aware of tension-related habits such as clenching your jaw, grinding your teeth or chewing pencils will help you reduce the frequency. Eating soft foods cut into small pieces and avoiding chewy food can help. Applying warm or cold compresses to the side of your jaw may also provide some relief.

If a problem with your jaw is suspected, your dentist may recommend dental x-rays to examine your teeth and jaw, CT scan to provide detailed images of the bones involved with the joint, or even an MRI to reveal problems with the joint's disk or surrounding tissues.

Treatment for TMJ Disorders can involve occlusal guards, physical therapy, counseling, surgical procedures, or injections



If you have experienced any of symptoms such as discomfort or strain in your jaw, it is worth mentioning at your next dental appointment.

With the necessary treatment, TMJ disorders can be resolved improving quality of sleep, and overall life.

