

Jaw pain can be relieved

By Jim Cornelius
News Editor

Your spouse tells you that you are grinding your teeth at night. You wake up with a headache or a sore neck. It takes a while for your mouth to feel like it's working properly, so you can open it and eat your breakfast. Your teeth feel sensitive — and when you look in the mirror, it looks like they're getting worn down.

These are all symptoms of jaw disorders, often lumped under the rubric of temporomandibular joint dysfunction.

In severe cases, you may have limited mobility with your jaw opening and significant pain. Jaw disorders can even be associated with chronic migraines.

Dr. Ben Crockett of Sisters Dental says that one of the major causes of jaw problems is stress. Many people clench their jaw unconsciously under stress. When you can feel those jaw muscles tightening up and forming lumps in your jaw, you're clenching.

"Your teeth should not really be touching when you're awake, unless you're

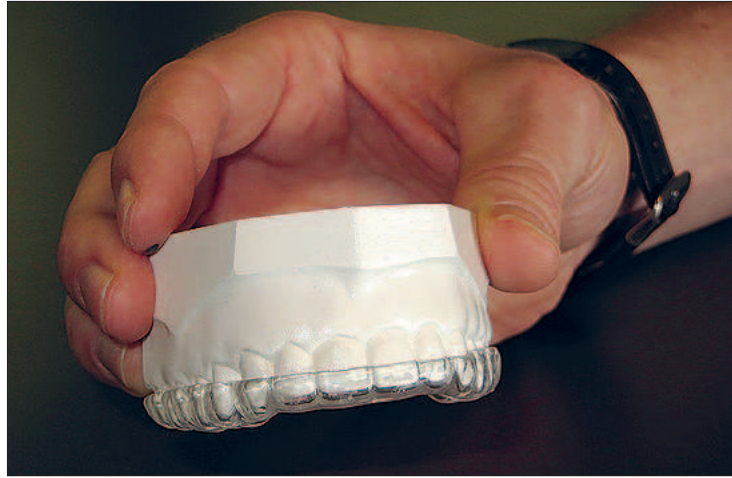


PHOTO BY JIM CORNELIUS

A mouth guard is an option to mitigate teeth-grinding.

making certain sounds," Dr. Crockett note.

Dr. Crockett says that jaw problems are frequently seen in teens and in middle-aged women — both groups being at a potentially emotional and stressful time of life.

Stress relief is an important component in treating jaw problems.

"We can't help much with that," Dr. Crockett said, chuckling. "But we can recommend it."

The first step in getting relief is to schedule a visit with your dentist — and make sure you know what is actually going on.

"It's important to rule out (other issues) — that it's *not* a tooth issue," Dr. Crockett said. "Which is another reason to see your dentist."

Once the cause of your symptoms have been determined, "there are a lot of things I can do to help."

Treatment can include physical therapy and stretching exercises to relax the jaw. And your dentist can fit you with a mouth guard to prevent teeth-grinding while you sleep.

Such treatment is easy and non-invasive — and can bring both relief and prevention of long-term damage.

Sisters youth copes with effects of concussion

By Jim Cornelius
News Editor

Wyatt Henderson isn't sure exactly what happened to him at football practice on November 4, 2015. He doesn't remember that practice very well. He knows he took a shot to the head, maybe more than one.

His friends said he "kind of passed out" as they helped him pull off his jersey in the locker room.

That was just the beginning of what is now a four-and-a-half-month ordeal, dealing with the aftermath of concussion.

A concussion is a brain injury — and it's serious business. Youth sports programs and schools are just now becoming fully aware of the dangers, and acting to establish or refine protocols for preventing and dealing with concussion.

For Wyatt, his injury caused memory loss, headaches, slurred speech and a severe stutter — which is improving but still noticeable.

Even more than four

months down the road to recovery, he's still feeling the effects.

"I have headaches sometimes," he told *The Nugget*. "I still struggle with my speech and my memory's not as good as it used to be. I have some problems reading and I have fatigue and some sleep issues."

“I still struggle with my speech and my memory's not as good as it used to be.”

— Wyatt Henderson

However, he notes with some satisfaction, "I'm maintaining my good grades."

Wyatt has a 504 program in place at Sisters High School, where he is a freshman. A 504 program is an official means of accommodating a student's needs, in this case due to brain injury. In Wyatt's case, that means, among other things, providing

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Sisters Dental

Many people — especially women in middle age — suffer from jaw pain. Sometimes it manifests itself in headaches, neck pain, tooth sensitivity or worn and flattened teeth.

You don't have to suffer — and the last thing you need to do is grit your teeth and bear it!

"It happens to a lot more people than you realize," says Dr. Ben Crockett of Sisters Dental.

The first thing to do is to make sure your discomfort is not, in fact, a tooth issue. If it's not, Sisters Dental can diagnose the problem and take appropriate action.

Sisters Dental has devices and therapies that can alleviate your pain and get your jaw and teeth back in proper alignment. And in most cases, the treatment is easy and non-invasive, ranging from



stretching and physical therapy to the use of a mouth guard to protect teeth from grinding.

Don't suffer in silence. Jaw pain isn't just part of life — you can fix it at Sister Dental.

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Advantage Dental Clinic, in Sisters, is on a mission to ensure that quality dental care is accessible and affordable for everyone in the Sisters community - not just those with money.

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