

The Dental Examiner

Dr. Jeffrey S. Wascher • Dr. Eric G. Jackson

Volume 7, Issue 1—March 2017

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Can My Dentist Help Cure My Headache? YES!

Eric G. Jackson, DDS, MAGD, FICOI, FICD, FADI

Everyone gets an occasional manageable headache from time to time but for those that suffer with chronic headaches, it is anything but manageable. Chronic headaches can be an incredibly frustrating and painful malady to live with and people will go through great lengths to find relief. Each year, headache sufferers in the United States receive \$1 billion worth of brain scans each year attempting to figure out the

yield chronic headaches as well?? It's true! We'll discuss how a dentist can help cure your chronic headaches here today!

First, we need to have a basic understanding of what types of headaches exist. Headaches are typically classified into two categories: Primary headaches & Secondary headaches. A primary headache is a headache that is not directly caused by an external factor. People may carry genes that make them more likely to develop such headaches.ⁱⁱ Primary headaches are typically divided into three subcategories: Migraines, Tension, & Cluster. Migraine headaches generally present with moderate to severe pain that pulses and generally occurs on one side of the head. Migraines are further classified into two groups: Episodic & Chronic. Episodic migraines typically occur less than 15 days per month whereas Chronic Migraines occur 15+ days per month with headaches typically lasting 4+ hours for at least a three month period. Tension headaches generally present with diffuse mild to moderate pain that's often described as squeezing. Although the tension headache is the most common type of primary headache, its causes aren't well understood. Cluster headaches generally present as an attack of severe pain on one side of the head, lasting 15 minutes to 3 hours, and occurs between once every other day to 8x/day. Although not a direct cause, primary headaches often have "triggers" that cause their appearance. Some primary headaches can



News Bites with Laura

As we approach the Spring season, we are spending more time outdoors with more activates. To quench your thirst, drinking water is the best choice rather than fruit & sports drinks which have cavity causing sugar in them. HAPPY SPRING TO ALL OUR PATIENTS!!



source of their pain.ⁱ Without a doubt, the first step for someone who suffers from chronic headaches should be their primary care physician. There are numerous medical conditions and causes that can yield chronic headaches and your MD is the best person to address those. However, did you know there are multiple DENTAL conditions that can

yield chronic headaches as well?? It's true! We'll discuss how a dentist can help cure your chronic headaches here today!

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GIVE BLOOD



Successful 2nd Annual Blood Drive!

On January 14th, Dr. Jackson hosted his 2nd annual blood drive at the office! Conducted by the fantastic technicians of LifeSource Blood Services, the drive was a big success! 14 Units of whole blood as well as nearly 1000mL of blood plasma were collected during the drive! A GIANT THANK YOU to everyone who donated their blood that day! Everyone should be extremely proud. January is national Blood Donor Month because there is typically a shortage after the holiday season. Remember that every pint of blood donated can save up to three lives! We also hope each donor enjoyed their two free movie tickets provided by local movie theater Hollywood Blvd. as well! There were some great movies out at that time and Hollywood Blvd. is always a lot of fun. Such a great example of local businesses not only supporting each other, but the health of the local community as well! Can't wait for another great showing next year for the 3rd annual drive! Great job everyone!

Free Event for
the Family!

(630) 963-6750

Great way to
introduce children to
the Dentist!

Everyone is
welcome to
join in!

Tooth Fairy Day

Free goodie bag for
the children & Photo
with the Tooth Fairy

May 19, 2017

Make your
reservation
today.



We are pleased to announce that our Dr. Eric Jackson will serve as the official team dentist for the Chicago Bandits professional softball team! The 2017 season will mark Dr. Jackson's fifth year at this position and he couldn't be more thrilled! The Bandits' home opener will take place Thursday June 1st at 7:05pm at their beautiful Ballpark in Rosemont. That night the Bandits will face the Akron Racers and the first 500 fans will receive a **FREE BANDITS T-SHIRT courtesy of Dr. Jackson!** There will also be a full team autograph session after the game! Come on out and experience a fantastic, family friendly game of world class women's fastpitch softball! Many of the players are All-Americans and former Olympians! Kudos to the International Olympic Committee for reinstating both baseball and softball as Olympic sports in the 2020 Olympic games! Can't wait to watch!!

To view a Bandits game schedule or to purchase Bandits tickets, visit the team's website: www.chicagobandits.com or call (877) 722-6348. Go Bandits!!



This upcoming April, Dr. Jackson will be lecturing to the local Mothers of Preschoolers (MOPS) group at The Christ Church of Oak Brook. The lecture title is "An Overview of Modern Pediatric Dentistry" and will touch on all sorts of interesting information for those in attendance.

The 2016



The office ran a very successful Marine Corps Reserve Toys for Tots drive in December. Thank you to all who donated as you were part of 53,896 new toys collected! Those toys were distributed to 56 non-profit agencies. Those agencies were able to make Christmas special for 26,201 children in need. And it all starts with donors like YOU! Great Job everyone!



Certificate of Appreciation OHCP received from the Toys for Tots the DuPage Director.



Academy for Sports Dentistry
Established 1983

We are very proud to announce that our Dr. Eric Jackson has accepted an offer to serve on the National Board of Directors of The Academy for Sports Dentistry (ASD)! The ASD is the preeminent dental organization that directly addresses both research and day-to-day needs of today's modern athlete within all sports and all age groups. Dr. Jackson will be sworn in as a board member this June and will serve a three year term. Congratulations Dr. Jackson!

be triggered by lifestyle factors including: alcohol (particularly red wine), certain foods, such as processed meats that contain nitrates, changes in sleep or lack of sleep, poor posture, skipped meals/low blood sugar, & stress. Chemical activity in your brain, the nerves or blood vessels surrounding your skull, or the muscles of your head and neck (or some combination of these factors) can also play a role in triggering primary headaches.

A secondary headache is a headache that is present because of another condition, such as a sinus headache from



sinusitis.ⁱⁱⁱ Many conditions, varying greatly in severity, may cause secondary headaches. Possible causes of secondary headaches include: acute sinusitis, arterial tears (carotid or vertebral dissections), blood clot (venous thrombosis) within the brain, blood sugar levels, brain aneurysm, brain tumor, carbon monoxide poisoning, concussion, dehydration, ear infection, glaucoma, hangovers, high blood pressure (hypertension), influenza (flu) & other febrile (fever) illnesses, Intracranial hematoma (blood vessel ruptures with bleeding in or around the brain), medications, meningitis, monosodium glutamate (MSG), overuse of pain medication, panic attacks & panic disorder, pressure from tight headgear (such as a helmet or goggles), stroke, toxoplasmosis, trigeminal neuralgia (as well as other neuralgias, all involving irritation of certain nerves connecting the face and brain), & poor vision.

Phew! That's a LOT of possible secondary headache causes (and I even edited the list)! For the remainder of this article we are going to discuss a few more possible causes of secondary headaches that are dental in origin: Dental maladies, Dental malocclusion, & Bruxism/Clenching/TMJ problems.

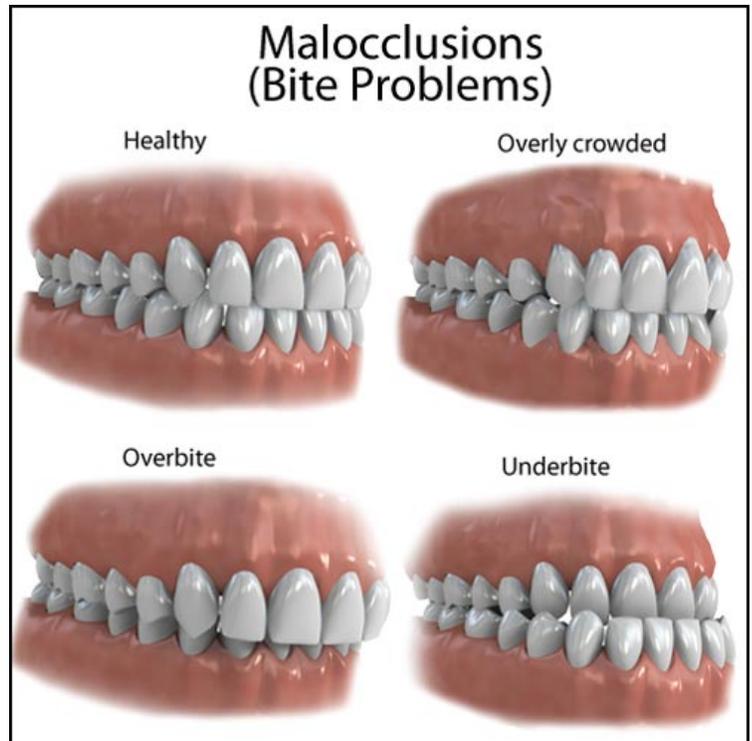
Dental Maladies & Headaches

Of the three dental causes of headaches we'll be discussing, this one is certainly the most straightforward. Maladies such as toothaches, cavities, broken teeth, & infections are all capable of yielding a secondary headache. They are typically treated with conventional dentistry capable of removing the source of the stimuli. Once the dental

issue is addressed, the headache ceases.

Dental Malocclusion & Headaches

A dental malocclusion is a situation where a person's teeth do not fit/line up correctly. How can this cause a headache? A dental malocclusion can interfere with the normal patterns of movement of the body's jaw muscles. It's this interference that can yield the headache. If the teeth aren't in the right locations and causing issues, the body will often try to correct these issues. Sometimes these corrections are slow and relatively painless. An example of this would be uneven tooth wear only on the specific teeth that are out of place and interfering with normal path of function. The body wears down the tooth structure in an attempt to minimize the malocclusion. This wear is the body's attempt to equilibrate or even out the person's bite. Another example is the loosening of a malpositioned tooth creating perpetual localized tooth mobility in the problem area. Creating this mobility often allows for enough "play" to compensate for any malocclusion present. However, the



body isn't always very gentle. Sometimes it corrects issues quite violently as illustrated when a patient breaks off a portion of a tooth or restoration. Sometimes the entire tooth will be snapped off or cracked by another tooth via the force generated by the body's powerful jaw muscles as an attempt to correct the problem.

Bruxism/Clenching/TMJ problems & Headaches
Bruxism, Clenching, and Temporomandibular Joint (TMJ)

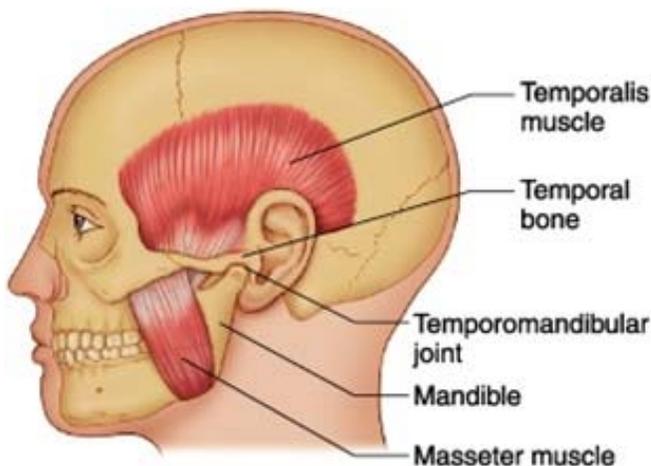
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problems are three very common ailments that frequently occur simultaneously in patients. Bruxism (aka nighttime tooth grinding) wears down the teeth by grinding away tooth enamel. We'll skim the surface of this topic a bit today but for a much more in-depth look into bruxism, please revisit my article from the February 2014 office newsletter. Patients typically exhibit two major bruxism wear patterns: side-to-side and front-to-back.



Jaw clenching is a negative habit that imposes excessive vertical pressure on the teeth. For both bruxism and clenching, the degree of negative impact on the body is typically relative to the severity of the ailment (i.e. the more force applied, the faster and more severe the destruction.) Powerful bruxism or clenching can cause severe damage such as fracture of teeth, fracture of dental restorations like fillings and crowns, loosening of teeth in the bone, and abfractions (notching) in the tooth along the gumline. Occasionally I'll even see teeth split from tip to tip due to these conditions and there's nothing modern dentistry can do to save the tooth. It must be extracted.

"TMJ problems" is an umbrella phrase for a slew of conditions affecting one of both jaw joints. Like bruxism and clenching, the severity of the TMJ symptoms typically reflects the severity of the condition. Painful movement of the jaw, popping, clicking, difficulty opening or closing, and even dislocation are all possible TMJ problems that are seen. The majority of TMJ pain resolves on its own without any direct dental treatment. Perhaps you had a big yawn and in doing so accidentally strained your right TMJ. It'd feel stiff and difficult to move for awhile much like a sprained ankle. With a little rest, some warm compress, and perhaps some Ibuprofen or Aleve, the joint will soon be back to normal with no lasting negative repercussions.



So how are bruxism, clenching, and TMJ problems linked to headaches? Jaw muscles! Each of these three conditions has a direct cause/effect relationship with the muscles that connect the jaw to the skull. Powerfully grinding your teeth at night while you sleep not only puts additional stress & strain on your teeth, but on the muscles as well. This directly results in the classic morning headache that you feel immediately upon waking. The same can be true for clenching and certain TMJ problems. The body is meant to rest during sleep, but due to these conditions that doesn't happen and your jaw muscles are overworked and sore when you wake.

Treatment Options to Relieve Dental Related Headaches

So what can a dentist do to help stop the headaches? Once the cause is determined, it needs to be treated. Dental maladies are typically treated with conventional dentistry. Treatments such as fillings, root canal therapy, and extractions all can remove the dental source of a secondary headache. Localized dental malocclusion can be treated with conventional dentistry as well. For example, a poorly positioned tooth could be extracted to thereby remove the malocclusion. On a much smaller scale, a dentist can perform an equilibration. This is when a dentist examines how the teeth fit together and selectively grinds small amounts of tooth structure to improve the fit. Patients will often use the term "leveling my bite" to describe equilibration and it's quite an accurate description. For generalized malocclusion cases, orthodontic movement of the teeth is often recommended as treatment. By straightening the teeth they will both fit and function better together. Both Invisalign as well as conventional braces can help achieve this.

Dental nightguards are one of my favorite dental treatments! They are low invasiveness, low cost, and high results. Perhaps you've heard me speak about this "trifecta" before! Whenever a dental treatment can satisfy my trifecta, it's always one of my favorites! Incidentally, several other treatments that come to mind in addition to dental nightguards are 1) rechargeable toothbrushes (like Sonicare) 2) fluoride containing antibacterial mouthwashes (like Listerine Total Care Zero...discussed in the April 2013 newsletter article, and 3) dental sealants. A dental nightguard is capable of decreasing and possibly solving headaches caused by multiple categories of causes: malocclusion, bruxism, clenching, &

TMJ problems. By covering teeth on one arch, it allows the opposing teeth to easily slide during bruxism rather than grind teeth on teeth. The thickness of the nightguard aids in clenching patients as it prevents the muscles from closing the teeth completely together. This thickness helps TMJ patients relieve pressure to their jaw joints as well. All this benefit and no invasive drilling on the teeth!

Headaches come in many shapes/sizes and have numerous causes. If you suffer from chronic headaches, don't forget to

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include your dentist as part of your treatment team! If you would like to speak about dental treatment of headaches, or any other dental topic, please feel free to call the office and schedule a complimentary appointment with me. Email and Twitter are also available options. I am extremely passionate about modern dentistry and love discussing it with patients, so don't hesitate to contact me. Sincerely,

Eric G. Jackson, DDS, MAGD, FICOI, FICD, FADI
dreric@oralhealthcareprofessionals.com
 @EjacksonDDS

ⁱ <http://mirgrinerresearchfoundation.org>

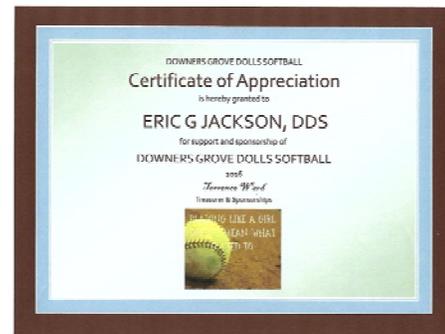
ⁱⁱ <http://www.mayoclinic.org/symptoms/headaches/basics/causes/sym-20050800>

Hard Acrylic Nightguard

www.OralHealthCareProfessionals.com



A full coverage hard acrylic nightguard is an excellent way to treat several common dental conditions. Grinding, clenching, and jaw pain (TMJ) are all treated with this removable appliance. Nightguards are a very conservative treatment option since no alterations are made to the teeth to construct the appliance. Many of our patients love their nightguard so much, they can't fall asleep without it!



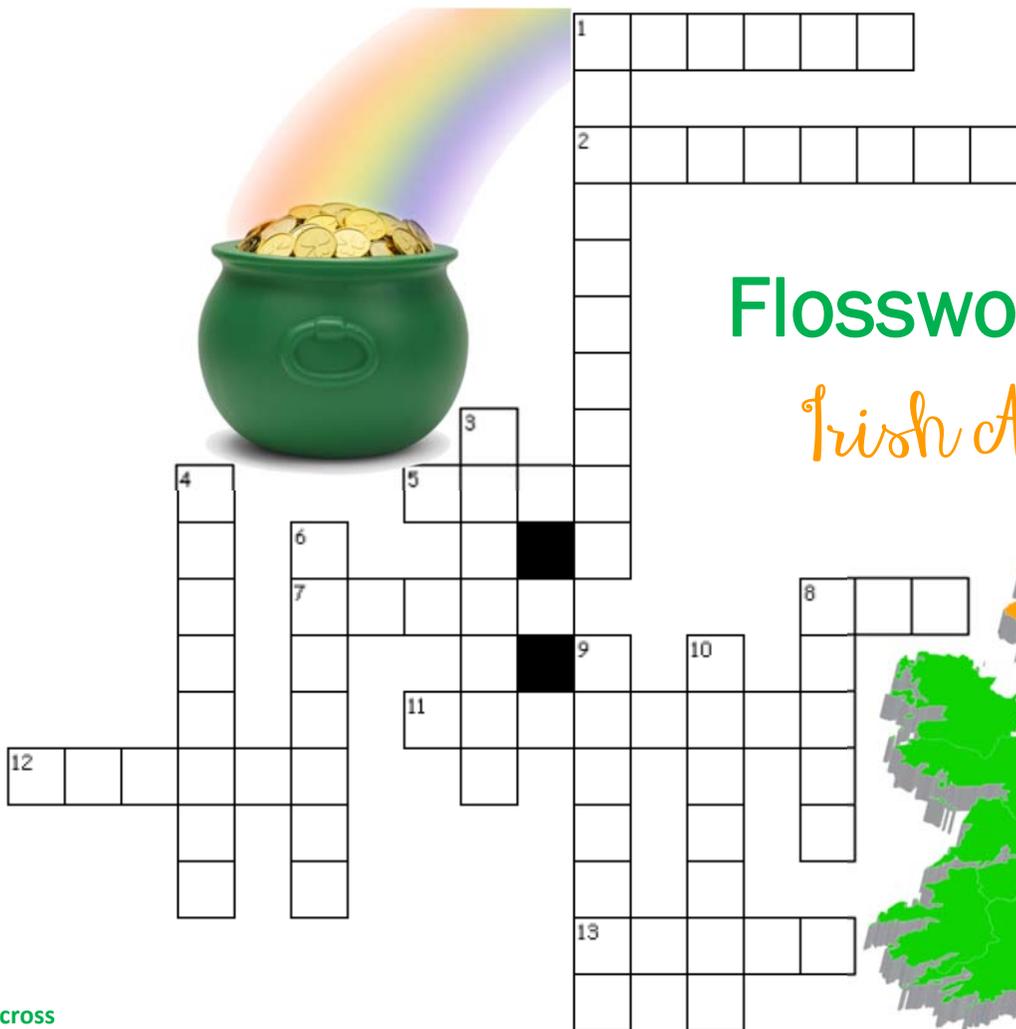
2016 Downers Grove DOLLS Softball

Dr. Jackson received a fantastic team photo and certificate from the 2016 Downers Grove DOLLS he sponsored! They were such a great group of girls and had a great season! Can't wait to meet his 2017 DOLLS team!

Give Kids a Smile Day

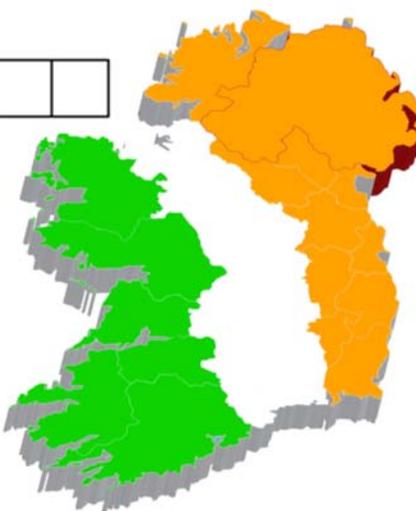
On February 3rd our Dr. Eric Jackson once again volunteered with the DuPage County Health Department Smile Squad mobile dental clinic to celebrate national "Give Kids a Smile Day". Dr. Jackson and the DCHD Smile Squad provided free dental examinations for anyone interested at the DuPage Children's Museum in Naperville, IL. Such a fantastic time! Visit our Facebook and YouTube pages for pictures and video of the great event!





Flossword Puzzle

Irish Addition



Across

- At the Olympics, _____ is Ireland's most successful sport.
- The original seven "Celtic Nations" are: Ireland, _____, Wales, Isle of Man, Cornwall, Brittany (in France) and Galicia (in Spain).
- In 1859, Irish scientist John Tyndall was the first to correctly explain why the sky is _____.
- The average height of _____ men is 5'8".
- _____ is generally the driest month of the year in Ireland.
- Only 9% of the Irish population are natural _____.
- Bram Stoker was working as a civil servant in _____ when he wrote "Dracula" in 1897.
- The "_____" statuette handed out at the Academy Awards was designed by Cedric Gibbons, who was born in Dublin in 1823.

Down

- A book only needs to sell 3,000 copies to top the Irish _____ List.
- 57% of Irish people wear _____ or contact lenses.
- 90% of Irish nationals are _____.
- The _____ founded Dublin in 988.
- A song only needs to sell 5,000 copies to top the Irish _____ Charts.
- The River _____ is the longest river in Ireland or Britain.
- Historians believe St. _____'s real name was "Maewyn Succat".

Answers located bottom of page 3

Contact Us

 /oralhealthcareprofessionals

 EricJacksonDDSMAGD

 Channel: EJacksonDDS

 @EJacksonDDS

Oral Health Care Professionals

Jeffrey S. Wascher, DDS
Eric G. Jackson, DDS, MAGD
2033 Ogden Avenue
Downers Grove, Illinois 60515
(630) 963-6750

Mail@OralHealthCareProfessionals.com

Visit us on the web at www.OralHealthCareProfessionals.com